



# Kosher Lite: Your Traditional Jewish Favorites Cooked Healthy

*Zillah Bahar*

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## **Kosher Lite: Your Traditional Jewish Favorites Cooked Healthy** Zillah Bahar

Kosher cooking is on the rise, as more and more people are attracted to this time-honored tradition and its promise of purity and quality. Yet the well-loved richness of many kosher favorites competes against current nutritional needs. The solution lies in this collection of more than thirty of the best traditional Jewish recipes--authentically kosher and amazingly light. Kosher Light's adaptations are divided into separate dairy and meat sections for easy menu planning, and include recipes for starters, main dishes, and desserts--from vegetable tzimmes, potato latkes, and noodle kugel to challah, beet borscht, and a lean beef cholent bubbling with spicy Sephardic flavors. All are strictly kosher, all are easy for novices to prepare, and all list fat, calorie, sodium, and cholesterol content. And all, with sidebars on food and holiday origins, taste gloriously authentic for Passover and any other family occasion. With a foreword by a respected Orthodox rabbi, this is the ultimate, inexpensive Jewish holiday gift book and a must-have for today's Jewish kitchen.

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