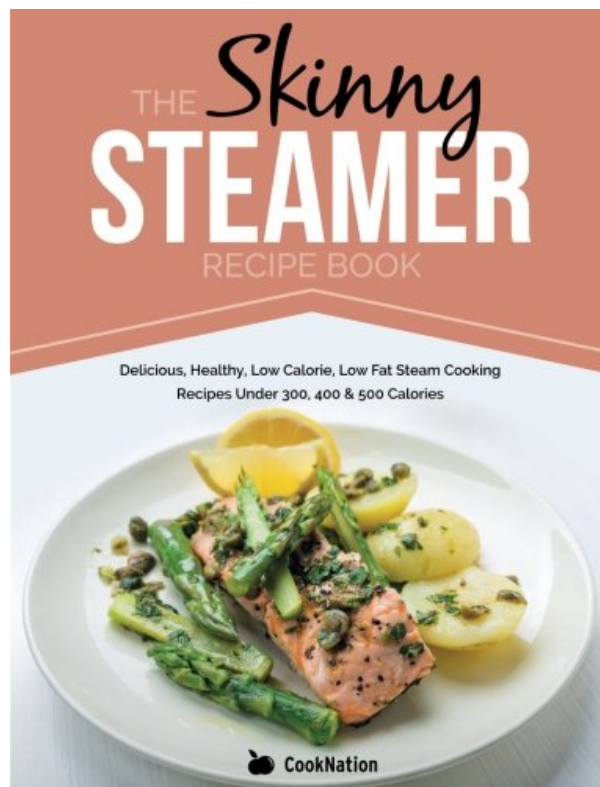
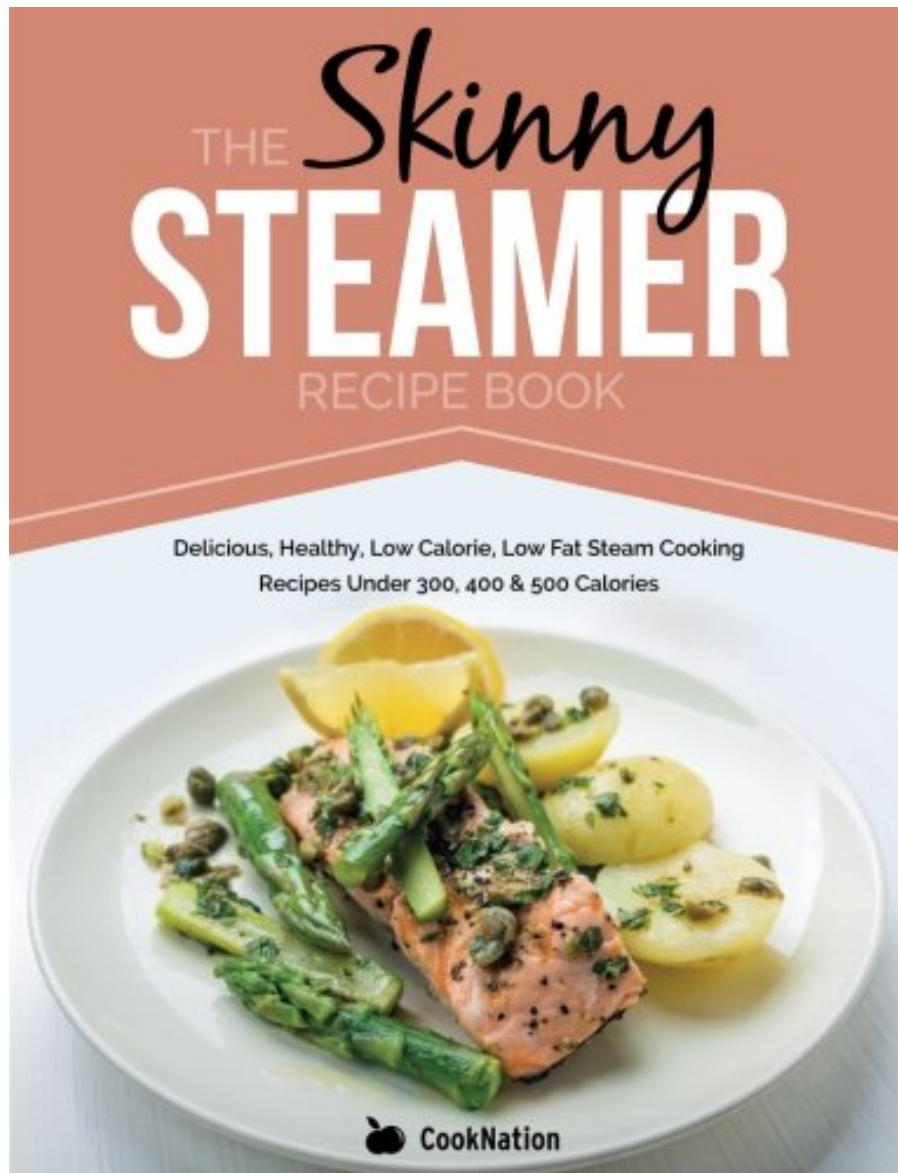


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The Skinny Steamer Recipe Book

Delicious, Healthy, Low Calorie, Low Fat Steam Cooking Recipes Under 300, 400 & 500 Calories

If you think your steamer is just for cooking vegetables think again!

This brand new collection of delicious poultry, vegetarian, seafood & meat dishes are fast, fresh, fuss free, low fat and low calorie. Designed to help you make the most of your steamer, all our skinny steaming recipes fall below 300, 400 and 500 calories - which is perfect if you are following a calorie controlled diet or are keen to maintain and manage your weight!

Every recipe serves two people and can be prepared in minutes. Versatile, simple & healthy.... there has never been a better time to start steaming.

Includes over 60 recipes, cooking charts and tips.

You may also enjoy other titles from the Skinny calorie counted series. Just search 'cooknation' on Amazon.

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- Binding: Paperback
- 96 pages

Most helpful customer reviews

58 of 58 people found the following review helpful.

This cookbook has wonderful recipes for meat, veggies and fish! And they are so easy to make! Detailed review follows...

By Daisy S

This book about STEAMING FOODS is just what I needed! Before I decided to purchase this book, I looked

into other STEAMER Kindle books (reading the samples) and none I could find were as helpful as this book. Below I state why I am so happy now that I found this book:

- 1) There is a section called Vegetable Sides - This is my favorite section in this cookbook because it covers the most popular veggies. The recipes are just superb and I love that it gives the time it takes for each veggie for steaming.
- 2) Since I am in the process of learning how to use a steamer, this book describes the different types of steamers: Electric, Stove Top Steamers (I have an insert adjustable basket that I use in saucepans), and Bamboo steamers. In this section, each type is covered.
- 3) Another section that I found so very helpful is the steaming tips section. In this section, she covers how much water to place into the steamer, be sure to defrost meat before steaming; all food should be cut to same size and more.
- 4) The section that has The Cooking Guide is another favorite of mine because all types of foods are covered and how long to steam them. It even includes how long to steam noodles and rice!
- 5) RECIPES - The recipes for meats, fish and veggies were some of the best that I have found. My favorite recipes in this book include: Lime and Baby Carrots, Lemon Oil Asparagus, Basil Zucchini, Lime and Coconut Lentils, Cumin and Turmeric Cauliflower, and Crushed Butternut Squash.
- 6) Another superb recipe is Savory Spiced Steamed Rice. This has vegetable stock, mushrooms, red pepper, onion and tomatoes!
- 7) The Poultry section is excellent! There is a recipe in there for Lemongrass and Ginger Chicken that I tried and it is very, very good! Since I did not find Lemongrass, I used celery instead and LEMON PEPPER SEASONING. The result was just perfect!

For me, I use a steamer insert (adjustable basket type) in my saucepan. However, lately I prefer to use my new electric Aroma combo 6 cup rice cooker and steamer (I purchased this electric Aroma combo rice cooker/steamer here on Amazon for about 23 dollars and it is a steamer and also a rice cooker. This combo unit is perfect for steaming for one or two and I use it everyday!

If you are thinking of steaming foods, this is the book that I suggest to you. For me, I love this very helpful book!

Thank you for reading this review and I hope that it was helpful to you.

22 of 22 people found the following review helpful.

I've always preferred steamed vegetables over boiled because the texture and taste are so much better. Plus it's not waterlogged

By Zia Bleasdale

I bought myself a steamer (never thought I'd own an electric steamer in my life, but here we are) and I really wanted inspiration.

I've been steaming stuff since I could cook. I've always preferred steamed vegetables over boiled because the texture and taste are so much better. Plus it's not waterlogged. But that's about as far as I had ever gone. Steamed vegetables (Artichokes, broccoli and asparagus, mainly.)

So here I am with a steamer, a growing waistline that I'm eagerly attempting to reduce, and a serious need for

inspiration to steam stuff other than 3 types of vegetables. Enter: The Skinny Steamer.

This book is an excellent inspirational tool if you already have any inkling of creativity in the kitchen (and probably also a handy tool if you have absolutely 0% creativity in the kitchen, as it tells you exactly what to do.)

I would never have thought I could make curried lentils and chicken in the steamer, for example. Or potstickers. or dessert. Or a freaking omelette!

I use this book primarily for the cooking times, methods, and general ideas. It's very informative. I tend to experiment drastically with the spices and ingredients. That is the only reason why I don't feel comfortable giving it 5 stars since I tend to alter the recipes so drastically. However, it is definitely a fantastic guidebook for people wanting to cook more with steam (steamerites? steamarians?)

Note: I don't want to diss the recipes how they are. I haven't actually tried any of them exactly how they are presented. So please don't take me saying I experiment with the flavors and ingredients to be a diss on the recipes.

11 of 11 people found the following review helpful.

Eh. Nothing to write home about . . .

By Mackfan

I was a little disappointed. In essence, it gave me no new information. I can figure out sauces to spread on steamed items. Not as many recipes as I had hoped for. Quality printing and binding; just not that thrilled with info. I was hoping for ideas for whole meal use.

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