



# Simple Chicken Risotto Recipe

**Sue Shepherd**



## **Simple Chicken Risotto Recipe:**

The Low-FODMAP Diet Cookbook: 150 Simple, Flavorful, Gut-Friendly Recipes to Ease the Symptoms of IBS, Celiac Disease, Crohn's Disease, Ulcerative Colitis, and Other Digestive Disorders Sue Shepherd, 2014-07-15 150 delectable and digestible recipes perfectly suited to the low FODMAP diet scientifically proven to reduce symptoms of irritable bowel syndrome IBS and other chronic digestive disorders The low FODMAP diet is changing lives If you suffer from the pain and discomfort of a digestive condition such as IBS Crohn's disease ulcerative colitis or nonresponsive celiac disease it just might change yours The Complete Low FODMAP Diet cowritten by Sue Shepherd introduced this revolutionary treatment which is rapidly becoming the first line recommendation by doctors and dietitians worldwide FODMAP is an acronym that stands for a group of difficult to digest carbohydrates found in foods such as wheat milk beans soy and some fruits vegetables nuts and sweeteners More than three quarters of adults with IBS who reduce their intake of these foods gain relief Now this follow up cookbook brings you 150 simple delicious and brand new recipes that are full of flavor but low in FODMAPs The mix includes breakfasts to start the day off right Blueberry Pancakes Banana Chocolate Chip Muffins starters and sides for every occasion Spring Rolls Chicken Bacon and Pesto Mini Pizzas Stuffed Roasted Bell Peppers soups and salads full of flavor Vietnamese Beef Noodle Salad Creamy Seafood Soup entrées that make you feel good Chicken and Vegetable Curry Speedy Spaghetti Bolognese Beef Satay Stir Fry with Peanut Sauce desserts that satisfy Flourless Chocolate Cake Almond Cookies Baked Blueberry Cheesecakes The low FODMAP diet puts an end to suffering in silence fearing the possible consequences of every meal or confining yourself to a handful of bland safe foods The only thing missing from this comprehensive collection is the FODMAPs and you'd never know it **The Simple Secrets to Cooking Everything Better** Matt Preston, 2015-10-27 Every great home cook needs a go to list of delicious fail safe recipes from the perfect crispy hasselback potatoes to the ultimate roast pork with crackling and the foolproof cheesecake that will have people requesting the recipe every time Nobody is better qualified than Matt Preston to bring you this kind of knowledge to share with you the secrets to cooking everything better Matt reveals here for the first time the secrets and tips he has picked up over his many years food writing TV presenting and working alongside some of the greatest cooks of our time be they CWA matriarchs or Marco Pierre White These are the building blocks for better cooking and they've never been easier to master This is a specially formatted fixed layout ebook that retains the look and feel of the print book *Lidia's Italian-American Kitchen* Lidia Matticchio Bastianich, 2010-08-18 From the beloved TV chef and best selling author loved by millions of Americans for her simple delectable Italian cooking comes her most instructive and personal cookbook yet Focusing on the Italian American kitchen the cooking she encountered when she first came to America as a young adolescent Lidia pays homage to this cuisine of adaptation born of necessity But she transforms it subtly with her light discriminating touch using the authentic ingredients not accessible to the early immigrants which are all so readily available today The aromatic flavors of fine Italian olive oil

imported Parmigiano Reggiano and Gorgonzola dolce latte fresh basil oregano and rosemary sun sweetened San Marzano tomatoes prosciutto and pancetta permeate the dishes she makes in her Italian American kitchen today And they will transform for you this time honored cuisine as you cook with Lidia learning from her the many secret sensuous touches that make her food superlative You ll find recipes for Scampi alla Buonavita the garlicky shrimp that became so popular when Lidia served the dish at her first restaurant Buonavita Clams Casino with roasted peppers and good American bacon Caesar Salad shaved Parmigiano makes the difference baked cannelloni with roasted pork and mortadella and lasagna blanketed in her special Italian American Meat Sauce But just as Lidia introduced new Italian regional dishes to her appreciative clientele in Queens in the seventies so she dazzles us now with pasta dishes such as Bucatini with Chanterelles Spring Peas and Prosciutto and Long Fusilli with Mussels Saffron and Zucchini And she is a master at teaching us how to make our own ravioli featherlight gnocchi and genuine Neapolitan pizza Laced with stories about her experiences in America and her discoveries as a cook this enchanting book is both a pleasure to read and a joy to cook from

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**College Cooks: Simple Ingredients, Easy Recipes,**

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