



Enlightened Soups: More Than 135 Light, Healthy, Delicious and Beautiful Soups in 60 Minutes or Less

Camilla Saulsbury

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With ENLIGHTENED SOUPS in hand, home cooks will have more than 150 quick, delicious, and innovative options from which to choose. From new takes on classics like chicken soup with herbed dumplings and Tuscan minestrone to innovations like butternut bisque with Gruyere croutons and Hanoi beef noodle soup, ENLIGHTENED SOUPS is filled with choices for any day of the week, any time of the year. Like all of the books in the Enlightened Cooking series, the recipes are straightforward, the ingredients commonly available, and the techniques geared toward the home cook. Every recipe includes a nutritional analysis, and at the back of the book, quick-search appendixes indicate which soups are especially low in fat (fewer than 3 grams per serving), especially low in calories (150 or less per serving), and especially low in total time required (from start to finish). The recipes are divided into pureed, meat, poultry, seafood, vegetable, and legume soups.

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