

Elizabeth Jyothi Mathew

# OVER 100 FAT-FREE RECIPES

Calorie-counted Vegetarian and Non-vegetarian  
delicacies for a slim, trim and healthy figure



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# Over 100 **Fat-free Recipes**

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*Culinary expert and a regular cookery columnist  
and contributor to magazines*



*Published by:*



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*Dedicated to my Lord and Saviour  
Jesus Christ, without whom my life  
would have had no meaning*

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—Elizabeth Jyothi Mathew

This is my commandment, that you love one another as I have loved you.

—John 15:12

## **Preface**

In this fast-moving day and age, it has become a necessity to be as healthy as possible. One of the ways to maintain a healthy lifestyle is by cooking food that is nutritious as well as low in calories. It does not mean that watching one's diet means good food has to be sacrificed. This is the aim of every cook who wants to maintain a figure as well as eat exotic food with lesser calories.

The book has been written with the aim that the reader will embark on a journey of experimenting with the different recipes and incorporate them into a lifestyle that is healthy. These are all calorie-counted recipes to help you maintain a diet that includes all types of food. It is my hope and endeavour that you have fun trying out these recipes, which will allow you to embark on a journey of a lifetime. Remember – you are very special because God created you. He loves you, so keep smiling!

All suggestions and comments are welcome on my e-mail address: *ktm\_matjothi@sancharnet.in*.

God bless!

—Elizabeth Jyothi Mathew



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# Vegetable Dishes

## Cucumber Potato Salad

(Serves 4 persons)

*Easy to make, easy to serve and easy on the tummy!*

### Ingredients

- 2 cucumbers
- ½ kg potatoes, washed
- 1 cup yoghurt
- Mint leaves

### Method

Cook the potatoes in salted water and peel after cooling. Cut into slices. Peel cucumber and cut into slices. In a salad bowl, put one layer of potatoes and one layer of cucumber and sprinkle yoghurt dressing on it. Continue layering and sprinkle the mint leaves. Leave for at least half an hour and serve.

**117 calories per serving**

