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Patti Labelle's Lite Cuisine

By Patti Labelle



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Legendary singer and **New York Times** bestselling author Patti LaBelle reveals her mouthwatering culinary secrets for eating your way to a healthier life.



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Patti Labelle's Lite Cuisine By Patti Labelle Bibliography

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Editorial Review

From Publishers Weekly

Diagnosed with diabetes, LaBelle, bestselling cookbook writer (*LaBelle Cuisine*) and Grammy-winning singer, has had to find ways to control her diet and make it healthier; this newest is the inspiring result. All 100 starters, entrees, sides and desserts are low on fat, sodium and sugar-but definitely high on flavor. Orange Roughy with Roasted Tomato and Olive Relish and Marvelous Minted Snap Peas are stylishly lean and contemporary, but LaBelle also cooks up old-fashioned Southern comfort food like Crunchy Cajun Catfish Nuggets, Down-Home Pork Chops in Guilt-Free Gravy and Chocolate Pecan Pie. All dishes include complete nutritional analyses, with diabetic exchanges and carbohydrate choices developed and approved by the American Diabetes Association and the American Dietetic Association; they also come with "Patti's Pointers" (ideas on technique, equipment and ingredients), along with warm reminiscences of meals with family and friends. LaBelle is wonderful company for someone on a diet regime of any kind (as her friendly family photos further illustrate); she is creative, upbeat, knowledgeable and amusing.

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From [Booklist](#)

What sets off Patti LaBelle's *Lite Cuisine* from other celebrity cookbooks is its careful attention to recipes suitable for anyone living with diabetes. Working with coauthor Laura Randolph Lancaster, LaBelle has turned her own struggles with diabetes into a book full of help and inspirational advice for anyone burdened with the same affliction. To accomplish this, the book records dozens of recipes with reduced fats and sugars. Chicken is skinless and ground turkey stands in for ground beef as appropriate. Sugar substitutes make sweet desserts possible. Every recipe has a full nutritional analysis as well as a listing of diet exchanges for diabetics. *Mark Knoblauch*

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Review

"Patti LaBelle's *Lite Cuisine* should be on everyone's kitchen shelf, if for no other reason than the taste value."

Users Review

From reader reviews:

Harold Martinez:

In this 21st millennium, people become competitive in every single way. By being competitive currently, people have to do something to make these people survive, being in the middle of typically the crowded place and notice through surrounding. One thing that sometimes many people have underestimated the idea for a while is reading. Yeah, by reading a guide your ability to survive improves then having chance to stand up than other is high. For yourself who want to start reading a book, we give you that Patti Labelle's *Lite Cuisine* book as beginning and daily reading guide. Why, because this book is more than just a book.

Jeffrey Drake:

This Patti Labelle's *Lite Cuisine* are reliable for you who want to be considered a successful person, why.

The key reason why of this Patti Labelle's Lite Cuisine can be one of several great books you must have will be giving you more than just simple looking at food but feed a person with information that perhaps will shock your earlier knowledge. This book is handy, you can bring it almost everywhere and whenever your conditions throughout the e-book and printed kinds. Beside that this Patti Labelle's Lite Cuisine giving you an enormous of experience like rich vocabulary, giving you tryout of critical thinking that we all know it useful in your day exercise. So , let's have it and enjoy reading.

Brad Sharpe:

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