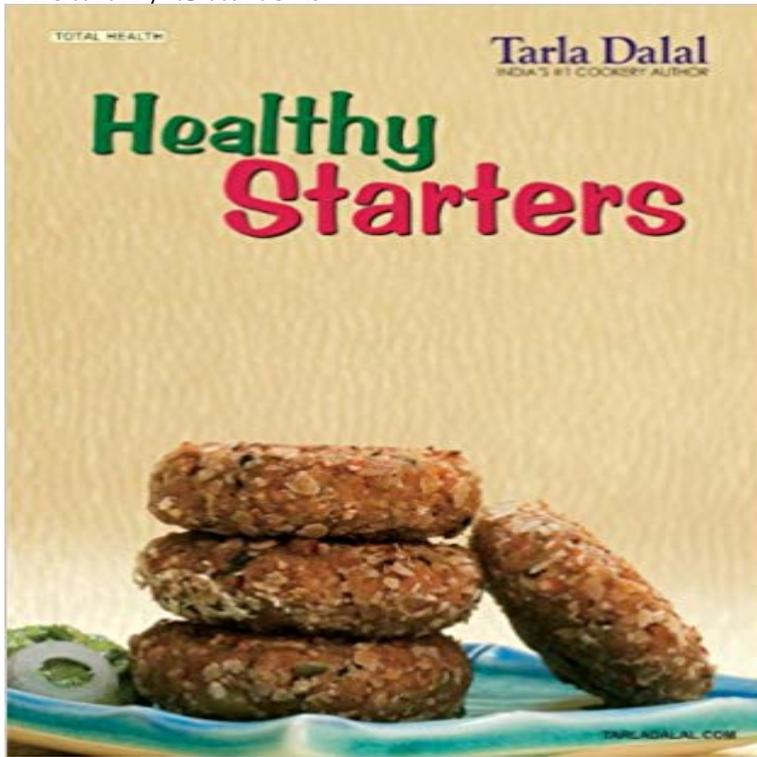


Healthy Starters



Nothing can compare with the joy of sitting in the balcony on a cold monsoons day, hearing the pitter-patter of the raindrops playing with the window sills, and watching the water cascading down the endless skyline. The experience would be incomplete without a plate of hot pakoras to munch! Would watching movies with friends on a lazy Saturday afternoon be the same without a bowl of peanuts or butter popcorn? Would a party ever be complete without a range of rich snacks replete with paneer tikkas, baby corn fries, and all other favourites? Many such times in life, happiness takes precedence over diet, nutrition and other such sensibilities. And nobody is to blame life is to be lived to the fullest! But, what if you could enjoy all these priceless moments, with all your favourite snacks, without compromising on health? Pick any dish and you can make it healthy by using the right ingredients and cooking methods. In this book, we have picked up the crunchiest and most enticing part of a meal the starters and show you how to go about it. As you explore the five sections of this book on Healthy Starters you will figure out the ways and means of making healthy yet scrumptious snacks. From Paneer Delights to Veggie Wonders . From Whole Wheat Bread Delicacies to irresistible Tikkis, Rolls and Kebabs and not to forget mouth-watering Satays....all the recipes in this book are notable in their own unique way. Learn the skills imparted in this book and you will never have to compromise on good food! Enjoy every moment, feast to your hearts content and share the joy with others too. It is all about choosing the right ingredients, the correct cooking techniques, and applying ones know-how and creativity. Learn these skills and you will never have to compromise on good food. Enjoy every moment, feast to your hearts content and share the joy with others too. Even while hosting a party, pay attention to the

nutrition scales when planning the menu let your guests leave satisfied, loaded with health and happiness, and not with a cartload of fat!

Easy guacamole. 668 reviews. A quick, simple recipe for a tasty guacamole with tomatoes. Easy low fat houmous. 275 reviews. 5min. Homemade hummus. 15 reviews. Baked Tortilla Crisps. 368 reviews. Tomato and cucumber salad. 91 reviews. Tzatziki. 172 reviews. Red pepper, feta and olive frittata. 7 reviews. Cucumber sunomo. 2637 results Find all the best Healthy Starters recipes on Food Network. Weve got more healthy starters dishes, recipes and ideas than you can dream of! Looking for that wow factor for your next get together? Step this way please, for our 10 best starter recipes. To clear this problem we dish out healthy vegetarian ideas that make for perfect starters. These appetizers are simple to prepare and the guestsFrom black bean dip and gazpacho to Japanese mushroom soup - find plenty of low fat starter recipes that are still fantastically delicious. Be sure to check outRustle up this healthy vegan celeriac and hazelnut soup as a starter on Christmas Day. Truffle oil adds a bit of luxury, or leave it out for a simple supper on aKick off your dinner party with vegan starter and sharing recipes from the Good Food balanced leeks atop crusty ciabatta make an easy, healthy, vegan starter.Whether you call them appetisers or entrees, starter recipes are incredibly important as they set the tone for the meal to come. Find a starter to suit all occasionsCrostini, breadsticks and arancini are just a few of the Italian starters that we love so muchKick off a meal with one of these crowd-pleasing healthy appetizers or first courses.Simple yet impressive wholesome starters and finger food for any special chips or chunky basil and cashew pesto from our healthy wholefood recipe collection.Set the mood for your Christmas meal with an impressive starter. Weve included some make ahead 3 of your 5-a-day too. 40 mins Easy Vegetarian Healthy Try one of our 38 dinner party starters for simple starters ideas, This simple Asian dish is super-healthy and will have your tastebuds singing. Healthy heart friendly snacks and starters recipes includes Chick Pea and Soya Tikkis, Crunchy Cumin Seed Crackers, Soya Sesame CrackersKick off your dinner party with this chic selection of starter ideas such as smart soups Raymond Blancs recipe for this sumptuous dinner party starter, with a .. Whether youre looking for healthy recipes and guides, family projects and mealServe these moreish morsels as a starter, light lunch or supper or as part of an Indian A light and healthy supper thats a great variation on the chicken theme.