

The South Beach Diet Quick and Easy Cookbook: 200 Delicious Recipes Ready in 30 Minutes or Less

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Millions of people have been turned on to the healthy lifestyle that is the South Beach Diet. Followers of the diet have been asking Dr. Agatston for more recipes that are delicious, healthy, and fast, so he's created The South Beach Diet Quick and Easy Cookbook.

Our time-strapped culture needs an effective plan for eating healthy meals at home again. Dr. Agatston delivers with 200 brand-new recipes that use 10 or fewer ingredients and require 30 minutes or less of cooking time. The cookbook offers a diverse range of healthy, easy dishes in all categories, including 25 all-new chef recipes from Miami-area restaurants. There are no more excuses for not joining the many others that have made the South Beach Diet work for them.

The sound advice readers count on from the South Beach Diet name are still featured. The book provides practical timesaving tips and advice for how to eat well while staying on the plan. Also, phase designations and nutritional information are listed along with each recipe, so you're in control of what you're eating. Illustrated throughout with full-color photography, The South Beach Diet Quick and Easy Cookbook is for believers and newcomers alike.

Arthur Agatston, M.D., is a preventive cardiologist and associate professor of medicine at the University of Miami Miller School of Medicine. In 1995, Dr. Agatston developed the South Beach Diet to help his cardiac and diabetes patients improve their blood chemistries and lose weight. Since then, his book The South Beach Diet and its companion titles have sold more than 22 million copies. Dr. Agatston has published more than 100 scientific articles and abstracts in medical journals, and recently he received the prestigious Alpha Omega Award from New York University Medical Center for outstanding achievement in the medical profession. He lives in Miami Beach with his wife, Sari. BREAKFAST

THINK OF EATING BREAKFAST AS THE BEGINNING OF A JOURNEY. COMMON SENSE DICTATES THAT YOU SHOULD FILL YOUR TANK BEFORE YOU HIT THE ROAD: THE SAME APPLIES WHEN YOU'RE PREPARING YOUR BODY FOR THE DAY AHEAD. FUELING UP WITH PROTEIN-RICH FOODS AND GOOD FATS LIKE EGGS, CHEESES, AND LEAN MEATS, AS WELL AS HIGH-FIBER VEGETABLES AND FRUITS, WILL NOT ONLY PROVIDE YOU WITH THE ENERGY YOU NEED TO START THE DAY BUT WILL ALSO SATISFY YOU FROM EARLY TO MID MORNING.

IN THE COMING PAGES YOU'LL FIND DELICIOUS OPTIONS--LIKE SMOKED SALMON SCRAMBLE, PAPAYA PARFAIT, ALMOND ENERGY BLAST, AND SOUTH BEACH EGGSADILLA-- THAT CAN BE PREPARED IN 10 MINUTES OR LESS. YOU WON'T MISS GOODIES LIKE PANCAKES, WAFFLES, AND MUFFINS BECAUSE THEY'RE INCLUDED, FILLED WITH HEART-HEALTHY WHOLE-GRAIN AND BUCKWHEAT FLOURS, OATS, BLUEBERRIES, AND PEARS.

Buttermilk Waffles with Jam (page 54)

PHASE 2

Buttermilk Waffles with Jam

PREP TIME: 10 minutes

COOK TIME: 5 minutes per waffle (depending on size of waffle iron)

A warm waffle topped with your favorite jam makes a hearty and special breakfast anytime. Once prepared, these can be wrapped individually and frozen for up to 3 weeks. Reheat in the toaster, using low heat, until warmed through.

1 cup whole-wheat flour 1 cup old-fashioned rolled oats 1 tablespoon plus 1 teaspoon baking powder 3 tablespoons granular sugar substitute 3 tablespoons canola oil 1 1/4 cups 1 percent or fat-free buttermilk 1/2 cup water 1 large egg 3/4 cup sugar-free jam, any flavor

Combine flour, oats, baking powder, salt, and sugar substitute in a medium bowl. Whisk together oil, buttermilk, water, and egg in a separate bowl. Pour the buttermilk mixture into the flour mixture and stir until combined.

Heat waffle iron; coat lightly with cooking spray. Add a generous 1/2 cup batter per waffle and cook until browned and crisp, about 5 minutes. Dollop with jam and serve.

Makes 4 (1 waffle) servings

NUTRITION AT A GLANCE

Per serving: 360 calories, 15 g fat, 2.5 g saturated fat, 11 g protein, 56 g carbohydrate, 6 g dietary fiber, 490 mg sodium

PHASE 1

Breakfast Turkey Stack

PREP TIME: 5 minutes

COOK TIME: 15 minutes

Quick homemade turkey patties piled high with juicy tomatoes and bubbly melted cheese make an irresistible breakfast stack that offers a change of pace from the usual eggs and toast. Pair with a salad for a great brunch or lunch. Patties can be individually wrapped and frozen for up to 1 month; just defrost and simply reheat in the oven or microwave.

1 1/2 lb ground turkey breast 4 teaspoons sugar-free pancake syrup 1/2 teaspoon dried sage 1/4 teaspoon cayenne pepper 1/4 teaspoon salt 1/8 teaspoon freshly ground black pepper 1/8 teaspoon ground ginger 1 teaspoon extra-virgin olive oil 1 large beefsteak tomato, cut into 4 slices 4 (1-ounce) slices reduced-fat cheddar cheese

Heat oven to broil.

Combine turkey, syrup, sage, cayenne, salt, pepper, and ginger in a mixing bowl and mix well. Divide into 4 (1/2-inch-thick) patties.

Heat oil in a large nonstick skillet over medium-high heat; cook patties until well browned and cooked through, about 4 minutes per side. Remove from heat.

Lay tomato slices in a single layer in a baking dish; season with salt and pepper. Top each slice with 1 turkey patty and 1 cheese slice; broil until cheese is melted, about 2 minutes. Serve hot.

Makes 4 servings

NUTRITION AT A GLANCE

Per serving: 220 calories, 7 g fat, 3.5 g saturated fat, 36 g protein, 4 g carbohydrate, 0 g dietary fiber, 380 mg sodium

PHASE 1

Swiss Cheese and Vegetable Omelet

PREP TIME: 10 minutes

COOK TIME: 8 minutes

The key to easy omelet making is a nonstick pan, which allows you to use a minimum amount of oil and still be able to keep the eggs from sticking or overcooking. Omelets cook quickly, so be sure to have all of your ingredients ready before you start.

2 teaspoons extra-virgin olive oil, divided 1/2 small onion, thinly sliced 1/2 bell pepper, any color, cut into 1/4-inch squares 1 small plum tomato, diced 1/4 teaspoon Italian seasoning or dried basil 3 eggs, lightly beaten 1/4 teaspoon salt Pinch ground black pepper 1 ounce reduced-fat Swiss cheese, finely grated (1/4 cup)

Heat 1 teaspoon of the oil in a large nonstick skillet over medium heat. Add onion and cook until softened, about 3 minutes. Add bell pepper, tomato, and Italian seasoning; cook 3 minutes more. Transfer vegetables to a plate.

Season eggs with salt and pepper. Heat remaining oil in the same skillet over medium heat, add eggs, and let set for 30 seconds. Using a heatproof spatula, gently lift edges of eggs while tilting pan to allow uncooked eggs to run underneath until eggs are set, about 1 minute. Sprinkle cheese and vegetables over half of omelet. Fold omelet over filling, slide onto a plate, cut in half, and serve.

Makes 2 servings

NUTRITION AT A GLANCE

Per serving: 220 calories, 15 g fat, 3.5 g saturated fat, 14 g protein, 7 g carbohydrate, 1 g dietary fiber, 430 mg sodium

PHASE 3

Blueberry Buckwheat Pancakes

PREP TIME: 10 minutes

COOK TIME: About 4 to 6 minutes per serving

Tangy buttermilk adds extra rise to these cakey, fruit-filled pancakes, and buckwheat--high in iron and low in gluten--gives them a delicious toasted flavor. Top with sugar-free pancake syrup or low-fat or fat-free yogurt.

1/2 cup buckwheat flour 1/2 cup whole-grain pastry flour 2 teaspoons granular sugar substitute 1 teaspoon baking soda 1 cup 1 percent or fat-free buttermilk 2 large eggs, lightly beaten 1/4 cup trans-fat-free margarine, melted 1 1/4 cups blueberries

Heat oven to 200° F.

Combine buckwheat flour, pastry flour, sugar substitute, baking soda, and salt in a mixing bowl. Combine buttermilk, eggs, and margarine in another mixing bowl. Add wet mixture to dry mixture and stir just until combined well, being careful not to overmix. Stir in blueberries.

Heat griddle over medium heat until hot enough to cause drops of water to scatter over the surface, about 3 minutes; lightly coat with cooking spray. Spoon batter onto griddle to form 3-inch rounds; cook until golden on both sides, 2 to 3 minutes per side. Transfer to a heatproof platter and place in the oven to keep warm until ready to serve.

Makes 4 servings (4 pancakes per serving)

NUTRITION AT A GLANCE

Per serving: 260 calories, 13 g fat, 4 g saturated fat, 9 g protein, 27 g carbohydrate, 4 g dietary fiber, 500 mg sodium

PHASE 2

Savory Egg, Ham, and Cheese Crepes

PREP TIME: 20 minutes (includes time to let batter rest)

COOK TIME: 25 minutes

If a wheat or gluten allergy won't usually allow you to enjoy crepes, then this delicious breakfast dish is for you! Chickpea flour--a nonwheat, gluten-free flour made from ground dried chickpeas--creates filling protein- , and iron-rich crepes that are just as tasty as they are nutritious. Look for the flour in your health food store. If you have some fresh herbs on hand, add a chopped tablespoon or two just before rolling up the crepes.

Crepe Batter:

1/3 cup chickpea flour 1/3 cup 1 percent milk 1 tablespoon plus 1 1/2 teaspoons warm water
1 large egg 1 tablespoon plus 1 1/2 teaspoons canola oil 1/8 teaspoon freshly ground black pepper

Crepes:

2 teaspoons canola oil, divided 4 (1-ounce) slices low-fat, low-sodium boiled or smoked ham (not honey glazed) 4 (3/4-ounce) slices reduced-fat Swiss cheese 4 large eggs, lightly beaten Salt and freshly ground black pepper

For the crepe batter: Puree flour, milk, water, egg, oil, salt, and pepper in a blender until smooth, about 1 minute. Set aside to rest for 15 minutes.

For the crepes: Heat 1 teaspoon of the oil in an 8-inch nonstick skillet or crepe pan over medium heat. Add 2 tablespoons of the batter, tilting the pan so that batter forms a thin layer. Cook until edges begin to brown, about 1 minute. Carefully flip the crepe over and cook until golden on the bottom, about 1 more minute. Transfer crepe, golden side down, to a plate. Without adding any additional oil, repeat with remaining batter, stacking crepes, to make all 4 crepes.

Lay each crepe, golden side down, on a serving plate. Top each with 1 ham slice and 1 cheese slice.

Season eggs with salt and pepper. Heat remaining oil in a nonstick skillet over medium-high heat. Add eggs and stir occasionally until set, about 2 minutes. Divide eggs among prepared crepes, roll up, and serve.

Makes 4 servings

NUTRITION AT A GLANCE

Per serving: 270 calories, 16 g fat, 3.5 g saturated fat, 20 g protein, 9 g carbohydrate, 1 g dietary fiber, 530 mg sodium

PHASE 2

Mango Smoothie

PREP TIME: 10 minutes

With just a few ingredients, you can whip up this luscious fruit smoothie. The natural sugars and fibrous nature of mangoes make a rich and filling breakfast drink.

2 mangoes, peeled, pitted, and diced 1 1/2 cups sugar-free vanilla fat-free or low-fat yogurt Ice cubes

Puree mangoes in blender. Add yogurt and 4 or 5 ice cubes; blend until thick and smooth, about 30 seconds. Pour into glasses and serve.

Makes 4 (1-cup) servings

NUTRITION AT A GLANCE

Per serving: 140 calories, 0 g fat, 0 g saturated fat, 4 g protein, 30 g carbohydrate, 1 g dietary fiber, 50 mg sodium

PHASE 2

Spiced Oatmeal with Dried Apricot and Walnuts

PREP TIME: 5 minutes

COOK TIME: 20 minutes

This quick, heavenly oatmeal is made with steel-cut oats, a South Beach favorite because of their distinctive dense texture and high levels of protein, iron, and soluble fiber--satisfying nutrients that help boost energy. Make a double batch if you'd like; the oatmeal keeps for up to 5 days in the refrigerator.

1/4 cup walnuts 2 cups water 1/2 cup steel-cut oats 12 dried apricots, cut into 1/4-inch pieces 1 1/2 teaspoons sugar-free pancake syrup 1/2 teaspoon ground cinnamon Salt

Heat oven or toaster oven to 275°F. Spread walnuts on a baking tray and bake until fragrant and toasted, 8 to 10 minutes. Roughly chop.

MICROWAVE INSTRUCTIONS: While the nuts are toasting, combine water, oats, apricots, syrup, cinnamon, and a pinch of salt in an 8-cup microwave-safe bowl (the size of the bowl is important as it must allow the oats to bubble up without spilling over). Cover with plastic wrap, vent, and cook at full power for 5 to 7 minutes. Stir, replace plastic wrap, and cook for an additional 5 to 7 minutes, until liquid is mostly absorbed. Sprinkle with nuts and serve.

STOVETOP INSTRUCTIONS: Combine water and oats in a medium saucepan; soak overnight. Add apricots, syrup, and salt and bring to a boil over medium heat. Reduce heat and simmer, stirring occasionally, until liquid is mostly absorbed, 15 to 20 minutes. Sprinkle each serving with nuts and cinnamon.

Makes 4 (1/2-cup) servings

NUTRITION AT A GLANCE

Per serving: 180 calories, 6 g fat, 1/2 g saturated fat, 5 g protein, 28 g carbohydrate, 4 g dietary fiber, 80 mg sodium

PHASE 1

Spicy Tomatillo Scramble

PREP TIME: 5 minutes

COOK TIME: 8 minutes

Tomatillos look like little green tomatoes, except that they have a delicate, husk-like covering and a sticky skin underneath. Slip the covering right off with your fingers and simply rinse the skin under tap water--you'll then have a delicious and tangy ingredient that can be diced and added to salsa, guacamole, Southwestern-style salads, or . . . scrambled eggs! Try this dish with a sprinkle of reduced-fat cheddar cheese, if desired, or scoop it into a whole-wheat tortilla in later phases.

2 1/2 teaspoons canola oil, divided 1 medium tomatillo, papery skin removed and chopped into 1/4-inch dice 1/2 small onion, diced 3 large eggs, lightly beaten 2 tablespoons medium-hot salsa Salt and freshly ground black pepper

Heat 1 1/2 teaspoons of the oil in a medium skillet over medium-high heat. Add tomatillo and onion. Reduce heat to medium and cook, stirring frequently, until vegetables are softened and lightly browned, about 4 minutes. Remove vegetables from skillet.

Heat remaining oil in the same skillet over medium heat; add eggs, reduce heat to low, and allow eggs to set, 2 minutes. Sprinkle vegetables over eggs, season with a pinch of salt and pepper, and scramble until just cooked, about 1 minute more. Serve with salsa.

Makes 2 servings

NUTRITION AT A GLANCE

Per serving: 190 calories, 13 g fat, 3 g saturated fat, 10 g protein, 5 g carbohydrate, 0 g dietary fiber, 350 mg sodium

PHASE 1

Almond Energy Blast

PREP TIME: 5 minutes

You'll go nuts for this creamy drink. Fresh almonds, along with silken tofu, yogurt, and soymilk, offer a satiating punch of protein that will help you power through the morning; it whips up quickly and travels well in a thermos for breakfast on the go. Silken tofu, available at health food stores and many supermarkets, is great for shakes and smoothies because of its smooth texture. WestSoy Soy Slender is a low-sugar brand we recommend.

1 cup low-fat, low-sugar vanilla soymilk 3/4 cup plain fat-free or low-fat yogurt 6 ounces firm silken tofu 1/4 cup dry-roasted almonds

Place soymilk, yogurt, tofu, and almonds in a blender. Blend until smooth, about 1 minute. Serve cold.

Makes 2 (1-cup) servings

NUTRITION AT A GLANCE

Per serving: 250 calories, 12 g fat, 1 g saturated fat, 15 g protein, 22 g carbohydrate, 2 g dietary fiber, 130 mg sodium

PHASE 2

South Beach Eggsadilla

PREP TIME: 5 minutes

COOK TIME: 5 minutes

Quick enough for a weekday morning yet fun enough for a lazy Saturday, this Tex-Mex breakfast dish will get you off to a satisfying start. Add a spoonful of salsa if you like.

1 teaspoon extra-virgin olive oil 3 large eggs, lightly beaten 1 (8-inch) whole-wheat tortilla 2 ounces reduced-fat pepper Jack cheese, sliced Salt and freshly ground black pepper

Heat oil in a large nonstick skillet over medium-high heat. Add eggs, reduce heat to medium, and scramble until cooked but still moist, about 2 minutes. Remove to a plate and season with salt and pepper.

Carefully wipe the pan with a paper towel. Replace on heat. Add tortilla and cook on both sides until warmed through, about 1 minute.

Leaving tortilla in the pan, top half of it with cheese and then with eggs; fold the other half over to form a quesadilla. Cook on both sides until heated through, 1 minute more. Transfer to a cutting board, cut in half, and serve.

Makes 2 servings

NUTRITION AT A GLANCE

Per serving: 280 calories, 17 g fat, 7 g saturated fat, 18 g protein, 13 g carbohydrate, 1 g dietary fiber, 580 mg sodium

PHASE 3

Yogurt with Apple-Prune Compote

PREP TIME: 5 minutes

COOK TIME: 20 minutes

We won't be surprised if our heart-healthy, fiber-rich compote becomes your new favorite yogurt topping. In addition to a tasty breakfast, this recipe also makes a nice snack or dessert. Serve the compote warm, cold, or at room temperature; you can also try it as a spread for whole-grain toast.

1 firm, sweet or semisweet apple (such as Fuji, Gala, Jonathan, or Golden Delicious), peeled, cored, and cut into 1/2-inch chunks
3/4 cup pitted prunes, quartered
1 cup water
1 tablespoon orange juice
24 ounces plain fat-free or low-fat yogurt

Place apple, prunes, water, and juice in a small saucepan and bring to a boil. Reduce to a simmer and cook until prunes soften, about 10 minutes. Cool 5 minutes, then serve warm over yogurt. Store leftover compote in the refrigerator for up to 2 weeks.

Makes ...

Other Books

La Dieta South Beach. La dieta que todos están comentando Durante años, el cardiólogo Arthur Agatston urgía a sus pacientes a perder peso por el bien de sus corazones, pero las dietas resultaron demasiado difíciles de seguir o muy severas. Algunas eran hasta peligrosas. Aparentemente nadie podía seguir los regímenes bajos en grasa durante mucho tiempo. Y una dieta no sirve para nada si uno no la puede seguir. Por lo tanto, el Agatston inventó su propia dieta. La dieta South Beach no es complicada y tampoco requiere que se pase hambre. Disfrutará porciones normales de carne, aves y pescado. También disfrutará huevos, queso, frutos secos y verduras. Las meriendas (refrigerios, tentempiés) también son de rigor en esta dieta. Aprenderá a evitar los carbohidratos malos como la harina blanca, el azúcar blanca y las papas al horno. Lo mejor de todo es que a medida que adelgace, perderá esa terca grasa abdominal primero! La dieta del Dr. Agatston ha producido resultados que han sido constantemente impactantes (¡un pérdida

de entre 8 y 13 libras durante las primeras 2 semanas!) y ha creado un furor en los medios de comunicaci3n del sur de la Florida. Ahora usted tambie'n puede unirse a las filas de los que ahora ostentan figuras fabulosas gracias a la dieta South Beach.

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