



Shrimp Portofino Recipe

Becky Bopp



Shrimp Portofino Recipe:

America's Most Wanted Recipes Without the Guilt Ron Douglas, 2011-09-06 From the New York Times bestselling author of America's Most Wanted Recipes comes more copycat recipes from your family's favorite restaurants with fewer calories Ron Douglas has wowed home cooks across the country by uncovering the best recipes from hundreds of popular restaurants including Applebee's California Pizza Kitchen Chili's Olive Garden P.F. Chang's and T.G.I. Friday's America's Most Wanted Recipes Without the Guilt once again features delicious restaurant meals that can be enjoyed at home But with the help of registered dietician and nutrition expert Mary M Franz Ron has created more than 150 amazing reduced calorie versions Take Bahama Breeze's Jamaican Jerk Grilled Chicken which usually contains approximately 960 calories By using boneless skinless chicken breasts the entire family can enjoy generous flavorful half pound servings and save 590 calories Or how about Dave and Buster's Steak Fajita Salad A restaurant portion contains a whopping 1 408 calories per serving but Ron's home cooked version has 489 And for dessert Macaroni Grill's Reese's Peanut Butter Cake has 635 calories per slice Home cooks can easily trim that calorie count down to 435 Ron will show you how Each recipe includes nutritional details the number of calories you will save and easy tips on how to prepare your favorite restaurant food without feeling the guilt The book also features a section on restaurant alternatives as well as a nutritional guide detailing the overall dos and don'ts when it comes to healthy eating Experience the pleasure and satisfaction of cooking fun delicious food for your family while also keeping them fit Watch your wallet get fat and your tummy get flat **Keto Restaurant Favorites** Maria

Emmerich, 2017-07-11 Eating ketogenic doesn't mean that you have to give up the dishes you love Instead Maria shows you how to re-create those recipes keto style answering the demand for a one-stop cookbook that allows you to replicate your favorite restaurant cuisine in your own kitchen Amazon.com *More of America's Most Wanted Recipes* Ron

Douglas, 2010-07-06 New York Times bestselling author Ron Douglas reveals even more copycat recipes from your family's favorite restaurants all for 10 or less In his blockbuster New York Times bestselling cookbook America's Most Wanted Recipes Ron Douglas proved that you don't need to break the bank or even leave your house to enjoy the meals you love most With his copycat recipes from the most popular chain restaurants across America including The Cheesecake Factory KFC Olive Garden P.F. Chang's Red Lobster Outback Steakhouse and many more your family can have these meals on demand from your very own kitchen Now Ron gives readers even more delicious time saving and easy to make restaurant recipes and he guarantees that they'll all cost 10 or less Eating on a budget has never been easier These best kept secrets will save you thousands of dollars a year and put delicious meals on the table that the whole family will enjoy [The Everything](#)

[Restaurant Recipes Cookbook](#) Becky Bopp, 2011-03-18 Everyone enjoys eating out at a favorite restaurant But who likes waiting for a table or paying inflated prices for a meal With more than 300 fast and easy recipes now you can re-create your favorite restaurant dishes and dine out in the comfort of your own home This cookbook includes family sized portions of

favorites like Chili s Grill Bar Boneless Buffalo Wings Applebee s Bourbon Street Steak Olive Garden s Minestrone Soup Long John Silver s Fish Tacos T G I Friday s Dragonfire Chicken Cinnabon s Cinnamon Rolls With these tested and verified recipes The Everything Restaurant Recipes Cookbook will help you make near identical restaurant meals and earn rave reviews from family and friends on a much smaller tab **Florida Keys & Key West Chef's Table** Victoria Shearer,2022-11-01

Surrounded by water the Florida Keys yields a bounty that easily could qualify as the eighth wonder of the world The Keys can confidently boast that nowhere else in the continental US will you find fresher more innovatively prepared fish and seafood Special natural resources from stone crabs and yellowtail snapper to cracked conch and key limes are served any way you like and the relaxed atmosphere of the restaurants is reflected in the cuisine Be it a roadside cafe or a resort dining room the cuisine is all Keys casual With recipes for the home cook from Florida s most celebrated eateries and showcasing over 200 full color photos featuring mouth watering dishes famous chefs and lots of local flavor Florida Keys Key West Chef s Table is the ultimate gift and keepsake cookbook for both tourists and residents of the Keys **Reid Duffy's Guide to Indiana's Favorite Restaurants, Updated Edition** Reid Duffy,2006-11-01 Noted TV personality and columnist Reid Duffy showcases 30 Indiana restaurants that have stood the test of time in this updated and expanded edition of Indiana s Favorite Restaurants These showcased restaurants have been in existence for 25 years or more and in some cases for several generations Recipes for favorite dishes from these restaurants are included so that you can recreate the foods you love at home Approximately 60 recipes from Acapulco Joe s Taco Filling to Nashville House Fried Biscuits accompany Duffy s reviews Comfort food abounds in Indiana 162 restaurants are included in this category and 23 well known steak houses are highlighted in Where s the Beef No fewer than 137 ethnic restaurants around the state are profiled here Duffy looks to the future as well he reviews 80 new restaurants that are destined to stand the test of time All of the restaurants popularized by Indiana Cooks IUP 2005 have been included in this mouthwatering guidebook Double the size of the original guide Reid Duffy s Guide to Indiana s Favorite Restaurants serves up 432 thorough and extensive reviews Each establishment has been visited in person and the food taste tested The result is the best guide to great dining for Indiana residents as well as visitors to the Hoosier state **Gluten Free The Traveler's Guide , Gourmet** Pearl Violette Metzethin,Ruth Reichl,1995 *Italian Fast & Fresh* Julie Dannenbaum,1987 *Chocolatier* ,1987-07 **365 Favorite Brand Name Pasta Recipes** ,1997

The 5:30 Challenge Jeanne Besser,Susan Puckett,2010-05-11 IT S 5 30 DO YOU KNOW WHAT S FOR DINNER Long commutes and busy schedules leave us all wondering the same thing but don t worry because The 5 30 Challenge is the perfect solution to creating healthy and delicious meals in a snap Forget the fast food and frozen packaged meals with just five easy to find ingredients you can have dinner on the table in thirty minutes or less every night guaranteed Based on the popular newspaper column from The Atlanta Journal Constitution these tasty recipes are sure to appeal to any appetite from hearty dinner entrees to satisfying seasonal salads zesty soups and chilies to tantalizing stir fries plus pizzas pastas and more

You won't believe how easy it is to make great meals such as Lamb Shanks with Tomato and Mint Filet and Portobellos with Blue Cheese Cajun Chicken Pasta Mid Week Madness Chili Polenta and Meatball Casserole Farfalle with Smoked Salmon and Spinach Fresh Tomato and Ricotta Pizza Trout Amandine Bacon Tomato and Avocado Quesadillas Tex Mex Ribs Whether you're cooking for a hungry family or whipping up something for just one or two The 5 30 Challenge is the ideal cookbook for creating a terrific meal without spending a lot of time in the kitchen From kid friendly to restaurant style each simple streamlined recipe is designed for maximum flavor in minimum time Each recipe has detailed nutritional information as well as suggestions for substituting ingredients and using easy cooking shortcuts In addition there are recipes for quick and tasty desserts plus helpful tips on shopping for quality convenience products and keeping the basics on hand for a quick meal anytime For busy home cooks The 5 30 Challenge is the answer to eating a great dinner every night and having plenty of time to enjoy it 365 Fbn Pasta Recipes New Cove Publications International, Publications International, Limited, 2004-07 365 delicious pasta recipes one for every day of the year **Home Cooking in the Global Village** Richard Wilk, 2006-05-06 Belize a tiny corner of the Caribbean wedged into Central America has been a fast food nation since buccaneers and pirates first stole ashore As early as the 1600s it was already caught in the great paradox of globalization how can you stay local and relish your own home cooking while tasting the delights of the global marketplace Menus recipes and bad colonial poetry combine with Wilk's sharp anthropological insight to give an important new perspective on the perils and problems of globalization Perfect Pasta , 2004 **The Eat Fit Cookbook** Molly Kimball, 2024-05-20 Dietitian and food lover Molly Kimball and her Eat Fit team are revolutionizing restaurants throughout the foodie city of New Orleans The Eat Fit team has collaborated with chefs and restaurateurs across Louisiana to create these flavorful meals which are designed to fuel your strongest healthiest life This revised edition of The Eat Fit Cookbook features more than twenty new recipes including artful creations from talented chefs such as Meg Bickford of Commander's Palace Alon Shaya of Saba and Miss River and our very own Ryan Conn of FUEL Cafe Market The Most Complete Food Counter Annette B. Natow, Jo-Ann Heslin, 2010-08-31 Annette Natow and Jo Ann Heslin registered dietitians and authors of Pocket's many phenomenally successful Counter books bring their astounding expertise to a superb encyclopedia of food values The essential reference for everyday use THE MOST COMPLETE FOOD COUNTER 2nd Edition contains listings for calories fat saturated fat cholesterol protein carbohydrates fiber sodium calcium vitamins A and C and folic acid more than 21 000 entries of individual food items with no repetitions listings for national and regional brand name foods vegetarian ethnic organic and take out items an A to Z dictionary of clearly defined terms all in an easy accessible format Discovering Vintage Washington, DC Laura Brienza, 2015-10-01 Discovering Vintage Washington DC is a guide to all of the city's timeless classic spots that take you back in time The book spotlights the charming stories that tell you what each place is like now and how it got that way It includes indexes that let you choose the places you want to visit by neighborhood by category and

naturally by era Discovering Vintage Washington DC takes you to classic restaurants shops and other establishments that still thrive today and evoke the unique character of the city They re all still around but they won t be around forever Start reading and start your discovering now *The Complete Food Counter* Annette B. Natow,Jo-Ann Heslin,2005-12-27 Now updated with the latest information on nutrition and food counts this authoritative resource contains revised and expanded listings of calories protein cholesterol and other contents for more than 17 000 food item entries Revised reissue

Cooking for Profit ,2003

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