



ShalomBoston.com Recommends.....

Norene's Healthy Kitchen
 by Norene Gilletz
 Whitecap Books, 2007

If you buy one cookbook this holiday season, you must make it *Norene's Healthy Kitchen* by Norene Gilletz. Norene's book will be a lifetime gift of good food and good nutrition for you, your family, and your friends. The subtitle of the book is "Eat Your Way to Good Health, with over 600 fast & fabulous recipes," and this just about sums up the entire volume.

This book is a treasure trove of information on good nutrition and cooking tips, beginning with a 32-page chapter entitled "Things You Want to Know." This chapter has sections such as The Glycemic Index, Meal-Planning for People with Diabetes, Sweet Choices, Shaking the Salt Habit, Food Storage Tips, Kitchen Equipment, Food Safety, Pan Sizes & Conversions, Cooking/Baking Substitutions, and Nutritional Analysis. The information is up-to-date, clear, and written with a sense of humor. I read this chapter from beginning to end and learned a lot, even with my extensive cooking experience and knowledge of special diets. I now consider the fiber content of dishes, bake with ground flaxseed, and have greater confidence in my ability to adjust recipes to meet my own specific nutritional goals.

Of course the recipes are always the highlight of any cookbook. With over 600 recipes to choose from, you will find something to meet everyone's taste and diet needs. Recipes are organized by type of dish, with a separate chapter on Passover Pleasures. Each is presented with clear, step-by-step instructions, explanations of ingredients or techniques if necessary, storage tips (e.g. freezing), and a nutritional breakdown, especially helpful if you are watching your carbohydrate or sodium intake. This practical approach to presenting recipes is an enormous help to the home cook, experienced or novice, and is a hallmark of all of Norene's cookbooks.

I have been able to sample just a few of the recipes in the book, but these have been uniformly delicious and easy to make. I highly recommend Chicken Marvelosa (an elegant entrée for special meals), Autumn Vegetable Soup (with a wonderful mix of fresh vegetables and herbs), Pomegranate Honey Splash (a tangy-sweet low-sodium, low-fat salad dressing), Pumpkin Cranberry Muffins (soft and delicious fall treats), and Cranberry Oatmeal Flax Cookies (a scrumptious low-carb cookie packed with good nutrition). My very picky 15-year-old son and his friends pronounced the Cranberry Oatmeal Flax Cookies "mad good," as they grabbed them from the cooling rack the first time I made them!

This reviewer, the Food Editor of ShalomBoston.com, has been using Norene's cookbooks since receiving *The Pleasures of Your Processor* as a gift. This is still one of my favorite go-to cookbooks, updated and renamed *The Food Processor Bible*. It has been joined by *MicroWays*, *Healthy Helpings*, several specialty diet cookbooks (*The Low Iodine Diet Cookbook* and *The PCOS Diet Cookbook*), and now the newest publication, a culmination of all Norene's knowledge and experience in healthy, delicious food preparation.

To read more about Norene Gilletz and her cookbooks, and see a selection of recipes from *Norene's*

Healthy Kitchen, visit her web site at www.gourmania.com. Click on the book image at the top of this review or [here](#) to purchase ***Norene's Healthy Kitchen*** from Amazon.com or go to the web site for instructions to order directly by phone or email. If you are like me and treat yourself to a new cookbook every Chanukah season, do yourself and your loved ones a favor and choose this one – you will not be disappointed!

Reviewed by Jamie Stolper, November 2007