

### **louisiana light low fat pdf**

Overview. Louisiana sits at a crossroads for a large variety of immigrant influences. It is widely known that Louisiana was founded by the French, thus in Louisiana Creole is placed in a French aesthetic, with an emphasis on complex sauces and slow-cooking.

### **Louisiana Creole cuisine - Wikipedia**

Louisiana Creole people (French: Créoles de Louisiane, Spanish: Criollos de Luisiana), are persons descended from the inhabitants of colonial Louisiana during the period of both French and Spanish rule. The term creole was originally used by French settlers to distinguish persons born in Louisiana from those born in the mother country or elsewhere. As in many other colonial societies around ...

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