



How to Cook Healthy in a Hurry #2: More Than 35 New Quick and Easy Recipes

By Helen Cassidy Page

Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you concerned about how to control weight, how to ensure health and fitness (and who isn't)? Do you want to get a fabulous dinner on the table in under 30 minutes? Let a professional cook, caterer, and food writer reveal her secret tips and techniques for creating healthful, delicious and easy meals. She has been doing it for decades for publications such as Bon Appetit, Gourmet and Men's Fitness. Now let her do it for you. LEARN HOW TO: *Stock your pantry for last minute pizzas, burritos and chilies you and your kids will love. * Make relaxed Sunday night suppers and fancy Saturday night party dinners, without spending all your time in the kitchen. * Flavor your dishes with aromatics without adding extra fat calories. * Use herbs and spices instead of fatty meats to prepare rib-sticking main dishes. * Use superfoods to protect your family's health while giving them meals they will love. * Discover what we have learned about foods that keep us healthy and foods that don't.



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