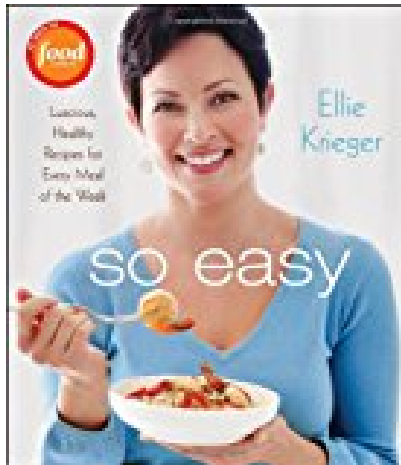


So Easy Luscious Healthy Recipes for Every Meal of the Week



BOOK DETAILS

- Author : Ellie Krieger
- Pages : 272 Pages
- Publisher : John Wiley & Sons
- Language : English
- ISBN : 0470423544

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BOOK SYNOPSIS

A New York Times bestselling authors guide to quick and healthy everyday meals As weekly host of the Food Networks Healthy Appetite, Ellie Krieger is known for creating light and healthy dishes that taste great and are easy enough for the busiest people to prepare. Now, Ellie has put together a collection of meal solutions for those of us who love food and want to eat well but struggle to make it happen given lifes hectic pace. With 150 delicious, easy-to-prepare, fortifying recipes, Ellie provides dishes that tackle every possible mealtime situation. Illustrated with 50 full-color photos, there are recipes for: Grab-and-go breakfasts for hectic days, as well as easy breakfast options for more leisurely mornings Lunches to go, each road-tested in a cooler pack, along with at-home lunches for when you have the luxury of eating in A months worth of different rush-hour dinners-fabulous meals you can whip up in less than thirty minutes-as well as dinners for days when you have a little more time to marinate or roast, but still want it all to be effortless Decadent desserts, some ready in minutes, others truly worth waiting for-all easily pulled together As a mom with a full-time job, Ellie knows how busy life is when youre juggling your familys needs. Now, you can stop stressing over whether to eat healthily or to eat fast. The recipes here-from Cheddar Apple Quesadilla, Pork Piccata with Spinach and Garlic Mashed Potatoes, Marinated Flank Steak with Blue Cheese Sauce to Chocolate-Cream Cheese Panini Bites and Fig and Ginger Truffles-are ideal, regardless of the time, or experience, you have in the kitchen. When so much in life is complicated, isnt it nice to know that eating doesnt have to be? After making and enjoying the meals in this book, you will say along with the title, "That was SO EASY!"

SO EASY LUSCIOUS HEALTHY RECIPES FOR EVERY MEAL OF THE WEEK -

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