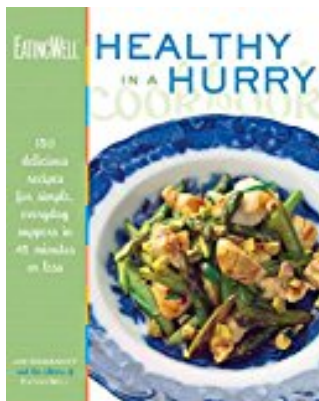


[PDF] The EatingWell Healthy In A Hurry Cookbook: 150 Delicious Recipes For Simple, Everyday Suppers In 45 Minutes Or Less

Jim Romanoff, The Editors Of EatingWell - pdf download free book



Books Details:

Title: The EatingWell Healthy in a H
Author: Jim Romanoff, The Editors of
Released: 2006-01-03
Language:
Pages: 256
ISBN: 0881506877
ISBN13: 978-0881506877
ASIN: 0881506877

[CLICK HERE FOR DOWNLOAD](#)

pdf, mobi, epub, azw, kindle

Description:

From Publishers Weekly This collection of fast and flavorful dinner dishes lives up to its title, sharing entrees that can be prepared in 45 minutes or less, culled from *EatingWell's* "Healthy in a Hurry" column. Dishes like Chipotle Flank Steak Tacos with Pineapple Salsa, and Roasted Cod with Warm Tomato-Olive-Caper Tapenade are accompanied by sidebars giving active and total cooking times and per serving nutritional analyses. Notes indicate if a dish is "heart healthy," "low carb" or "high fiber" (almost every dish falls into at least one category). Whole foods, fresh herbs, low-fat dairy, "good" fats (olive and canola oils) and a few carefully selected frozen and canned goods are the kinds of ingredients called for, and a solid introduction tells readers how to stock the pantry, refrigerator and freezer, as well as plan menus. A chapter on sides gives ideas for preparing salads, grains and vegetables, including a piece on "how to cook 20 veggies" five simple ways each. With an index that sorts meals into "Healthy Weight," "30 Minutes or Less" and "Family Friendly" categories, and frequent full-color photographs, this book is not only easy to cook from but a pleasure to use. (Jan.)

Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

About the Author Jim Romanoff is the food editor and a longtime recipe developer for *EatingWell Magazine*, as well as editor of the highly acclaimed *EatingWell Healthy in a Hurry Cookbook*. He has worked for such diverse publications as *Woman's Day*, *Fresh Ideas*, *Rolling Stone*, *Us Magazine* and *Details*.

EatingWell is the leading publisher of the award-winning magazine, whose tagline is "Where Good Taste Meets Good Health," as well as a series of cookbooks through Countryman, and a vibrant website. *EatingWell's* magazine and books have been recognized with numerous awards from the James Beard Foundation, the International Association of Culinary Professionals and *Folio: Magazine*. *EatingWell* is recognized by nutritionists, professional chefs and journalists alike as one of the most reliable sources of science-based nutrition information. The company's headquarters and Test Kitchen are located in Charlotte, Vermont.

-
- Title: The *EatingWell Healthy in a Hurry Cookbook: 150 Delicious Recipes for Simple, Everyday Suppers in 45 Minutes or Less*
 - Author: Jim Romanoff, The Editors of *EatingWell*
 - Released: 2006-01-03
 - Language:
 - Pages: 256
 - ISBN: 0881506877
 - ISBN13: 978-0881506877
 - ASIN: 0881506877

