



## **The Essential Eatingwell Cookbook: Good Carbs, Good Fats, Great Flavors**

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# The Essential Eatingwell Cookbook: Good Carbs, Good Fats, Great Flavors

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**A James Beard Award finalist: "User-friendly recipes for people to take nutrition seriously."?Florence Fabricant, *The New York Times*.**

This long-awaited collection of more than 350 recipes represents favorites from *EatingWell: The Magazine of Food & Health* that have migrated to the top of an elite line of new and classic dishes now numbering well into the thousands. These are exciting new recipes that *EatingWell's* own staff members take home at night alongside the time-tested winners that dedicated readers call and write to request over and over again. All are freshly updated, with improved nutritional analyses and an eye to today's fast-evolving nutritional guidelines. Within these pages you'll find clear, simple and often very quick recipes. You'll also find a unique Healthy Weight Loss Index that identifies which recipes fit into particular diet guidelines, rating them on overall health (calories, carbohydrates, and fats), fiber content, and which recipes best address the needs of those on low-carbohydrate weight-loss plans. Losing weight no longer has to mean sacrificing great tastes and fine dining.

- Good carbs: don't abandon the things your body needs and craves: whole grains, great-tasting vegetables and fruits
- Good fats: enhance your recipes and your family's health with the right fats and oils, while lowering saturated-fat content
- Great flavors: savor rich taste using trustworthy recipes and the secrets of award-winning cooks and the best tricks and techniques from *EatingWell*

Recipes include:

- Chicken Saute with Mango Sauce
- Updated Mac & Cheese
- Asian Stir-Fried Shrimp with Snow Peas
- Grilled Pork Chops with Rhubarb Chutney
- Pizza with White Beans, Prosciutto, and Rosemary
- Spring Vegetable Stew
- Fragrant Bulgar Pilaf with Toasted Almonds
- Grilled Vegetable Salad
- Sunday Sausage Strata
- Vegetarian Hot Pot
- Salmon with North African Flavors
- Blueberry Danish
- Fruit-Filled Crepes
- Double-Raspberry Souffles
- Lemon Almond Polenta Torta
- Chocolate-Hazlenut Cake
- Pineapple Upside-Down Muffins
- Mango Brulee

Learn the flavors, strategies, and insights to help you keep fit and stay healthy while never boring your

palate.

16 pages of color photographs

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#### **Steven Tran:**

Why don't make it to become your habit? Right now, try to prepare your time to do the important take action, like looking for your favorite reserve and reading a reserve. Beside you can solve your problem; you can add your knowledge by the book entitled The Essential Eatingwell Cookbook: Good Carbs, Good Fats, Great Flavors. Try to make the book The Essential Eatingwell Cookbook: Good Carbs, Good Fats, Great Flavors as your friend. It means that it can to get your friend when you truly feel alone and beside that course make you smarter than previously. Yeah, it is very fortunated for you personally. The book makes you much more confidence because you can know every little thing by the book. So , let me make new experience in addition to knowledge with this book.

#### **Irene Forrest:**

Have you spare time for any day? What do you do when you have more or little spare time? Yes, you can choose the suitable activity for spend your time. Any person spent their particular spare time to take a stroll, shopping, or went to typically the Mall. How about open or even read a book entitled The Essential Eatingwell Cookbook: Good Carbs, Good Fats, Great Flavors? Maybe it is for being best activity for you. You realize beside you can spend your time along with your favorite's book, you can more intelligent than before. Do you agree with it is opinion or you have different opinion?

#### **Rebecca Bailey:**

Spent a free a chance to be fun activity to do! A lot of people spent their free time with their family, or their friends. Usually they carrying out activity like watching television, likely to beach, or picnic within the park. They actually doing same every week. Do you feel it? Do you want to something different to fill your own personal free time/ holiday? May be reading a book might be option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to try look for book, may be the guide untitled The Essential Eatingwell Cookbook: Good Carbs, Good Fats, Great Flavors can be great book to read. May be it can be best activity to you.

#### **Meghan Drucker:**

That publication can make you to feel relax. This book The Essential Eatingwell Cookbook: Good Carbs, Good Fats, Great Flavors was vibrant and of course has pictures on there. As we know that book The Essential Eatingwell Cookbook: Good Carbs, Good Fats, Great Flavors has many kinds or type. Start from kids until youngsters. For example Naruto or Detective Conan you can read and think that you are the character on there. So , not at all of book are usually make you bored, any it offers up you feel happy, fun and chill out. Try to choose the best book in your case and try to like reading that.

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