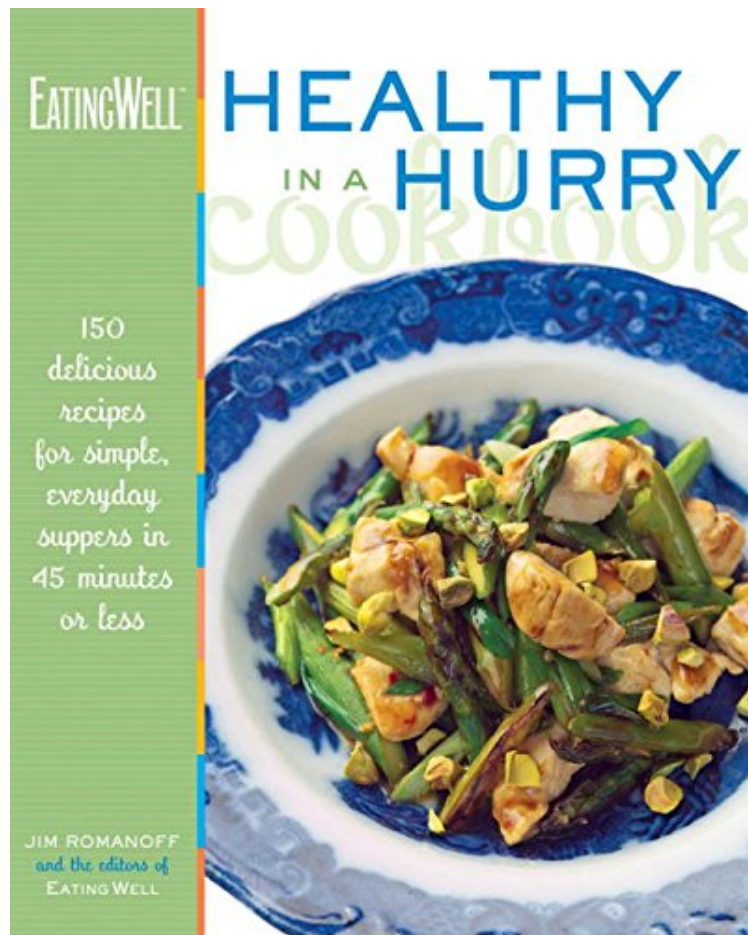


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The EatingWell Healthy in a Hurry Cookbook: 150 Delicious Recipes for Simple, Everyday Suppers in 45 Minutes or Less

Jim Romanoff, The Editors of EatingWell
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Jim Romanoff, The Editors of EatingWell : The EatingWell Healthy in a Hurry Cookbook: 150 Delicious Recipes for Simple, Everyday Suppers in 45 Minutes or Less before purchasing it in order to gage whether or not it would be worth my time, and all praised The EatingWell Healthy in a Hurry Cookbook: 150 Delicious Recipes for Simple, Everyday Suppers in 45 Minutes or Less:

4 of 4 people found the following review helpful. Excellent cookbookBy Paula FranceseEvery recipe I've tried from this cookbook has been excellent. In fact, this cookbook comes closest to my ideal cookbook, and I have a large library of cookbooks. The recipes clearly have been tested, they help you create dishes that are healthful yet flavorful. I particularly like the layout of the book - clearly written recipes and attractive pictures. I recommend the following recipes: Tuna Pomodoro and Mustard Crusted Salmon. This is a friendly, trustworthy cookbook which I know I will

turn to often when I want to make something healthy tasty in a hurry.34 of 35 people found the following review helpful. not afraid to cook anymoreBy shan1212I wouldn't say I was an inexperienced cook . . . I'd say phobic. No, this might not be the cookbook for you if you're quite the gourmet and enjoy spending an hour or more in the kitchen to prepare a meal. But if you were never really taught how to cook and have spent most nights asking your partner, "Well, what do you want to do for dinner?" back and forth until someone orders delivery, then this might be just what you need.I love this book and its companion, EatingWell Serves Two. I seem to have two types of cookbooks: healthy (such as the Mayo Clinic) and quick/easy (as in cookbooks that advertise how few ingredients each recipe will use). EatingWell's Hurry cookbooks are the only ones that combine both.It's been a learning process for me. Sometimes I need to google ingredients (what are fennel seeds? Where will they be in the grocery store? What's a plum tomato?) or get new equipment (Where's the broiler pan? Oh, oops, I guess we don't have one), but that's a joy, because as I do these things step by step I know I am gaining knowledge and experience (and gear and ingredients).So let's face it; if I can do these recipes, then they are easy enough to be in some kind of cooking for dummies cookbook, and yet they are super tasty and I'm not embarrassed to serve them, even to people who aren't married to me.If I could be in an infomercial for these cookbooks I would. In my late 20's it was finally time for me to learn how to cook (and force myself to do it more than once a week), and I don't think I could have done it without these cookbooks.0 of 0 people found the following review helpful. Excellent meal selection with great flavorBy CustomerExcellent meal selection with great flavor. Very useful for meal planning with a diabetic. Reasonable meals without unusual grocery items.

Never again sacrifice delicious, healthy meals when time is short: Here are more than 150 recipes that can be cooked in 30 to 40 minutes or less.Healthy in a Hurry offers the ultimate answer to the perennial weeknight question of "What's for dinner?" With hundreds of quick and flavorful main-course recipes, it promises to become an everyday cooking tool for those who want to get a healthy, delicious meal on the table both swiftly and simply. Coming out of the highly acclaimed Vermont test kitchens of EatingWell magazine, Healthy in a Hurry serves up a broad range of easy and mouth-watering recipes such as Warm Salmon Salad with Crispy Potatoes, Garlic Parsley Rubbed Lamb Chops with Greek Couscous Salad, and Chicken with Green Olives Dried Plums. Full-color photographs throughout

From Publishers WeeklyThis 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 AuthorJim 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.