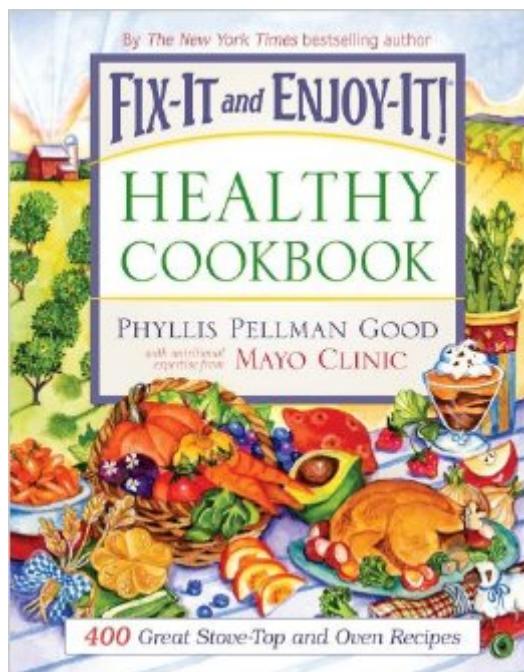


The book was found

Fix-It And Enjoy-It Healthy Cookbook: 400 Great Stove-Top And Oven Recipes



Synopsis

Can you believe it? Great tasty recipes that are easy to prepare; and they're **HEALTHY!** Bring New York Times bestselling author Phyllis Pellman Good together with the prestigious Mayo Clinic, and that's what you have;irresistibly tasty food that's easy to prepare and nutritious in the bargain! Just "fix it and enjoy it!" **Fix-It and Enjoy-It** Healthy Cookbook is packed with more than 400 recipes for stove-top and oven cooking. "I am dedicated to offering recipes that make it possible to eat at home, even if you don't have much time, or radiant cooking skills!" says Good. "Here are hundreds of 'make-it-again' recipes from great home cooks;with nutritional punch! "I am delighted to have teamed up with Mayo Clinic, whose dietitians have analyzed all the recipes for their nutritional value. Together, we've adapted the recipes to fit within Mayo Clinic's Healthy Weight Pyramid." Each delicious recipe includes Prep Time, Cooking/Baking Time, its own nutrient analysis, and its number of Pyramid servings. A treasury of more than 400 tasty, **HEALTHY** recipes! Enjoy it!Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

Book Information

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Customer Reviews

Hello...my name is Julie and I'm a cookbook addict. I absolutely adore cookbooks. I can spend hours looking through them. (That's not to say that I cook a lot of things out of them, but I do enjoy flipping through recipes.) Needless to say, when I saw that the Fix-It and Enjoy-It cookbook series had a new healthy cookbook out FIX-IT AND ENJOY-IT! **HEALTHY COOKBOOK: 400 GREAT STOVE-TOP and OVEN RECIPES** by Phyllis Pellman Good, I just knew I had to take a peek. If you are interested in a terrific cookbook with lots of healthy recipes, then you should definitely take a look at this one. There are so many yummy-sounding recipes that I made a huge list of recipes to try. I have to mention that almost all (if not all) of the recipes are very quick and easy to prepare which is a must for me since I'm always running my kids around during dinnertime. Since the cookbook is full of healthy recipes, I was thrilled to see that almost all of the ingredients are natural and easy to find -- yet not out of a box or can. And I love that there is nutritional information for every recipe which makes it easy to calculate Weight Watcher points (when I'm so inclined.) I think the beauty of this cookbook is that the recipes are healthy without being difficult to make. It's a perfect combination for busy mothers everywhere. We have been really busy lately so I haven't been trying a lot of new recipes the past few weeks, but I did want to try at least one before writing my review. I am a huge fan of baked oatmeal, and I thought it was pretty healthy. Well, the recipe my friend gave me has so much butter and cream in it that I would never knowingly eat it.

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