



EatingWell One-Pot Meals: Easy, Healthy Recipes for 100+ Delicious Dinners (Paperback)

By Jessie Price, The Editors of EatingWell

WW Norton Co, United States, 2016. Paperback. Condition: New. Reprint. Language: English . Brand New Book. If you think one-pot meals are just heavy stews, you ll be amazed at the spectacular array of nutritious dishes on offer in EatingWell One-Pot Meals. These meals are fast to put together-most in under 45 minutes-and use simple, easy-to-find ingredients. The recipes follow sound principles of nutrition: They use lean meats and seafood; plenty of herbs and spices (rather than loads of butter, cream, and salt) for seasoning; lots of vegetables; and whole grains as opposed to refined grains. Using your Dutch oven, slow cooker, roasting pan, or skillet, you can make a bounty of healthy, delicious meals. Recipes include: Orange-Walnut Salad with ChickenMu Shu PorkQuick Coq au Vintalian White Bean Polenta Bake.



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