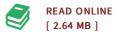


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EatingWell One-Pot Meals: Easy, Healthy Recipes for 100+ Delicious Dinners (Paperback)

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 II be amazed at the spectacular array of nutritious dishes on offer in EatingWell One-Pot Meals. These meals are fast to put togethermost 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 VinItalian White Bean Polenta Bake.



Reviews

This ebook may be worth purchasing. it absolutely was writtern extremely completely and useful. You will not truly feel monotony at whenever you want of your respective time (that's what catalogs are for relating to when you ask me). -- Idella Halvorson

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