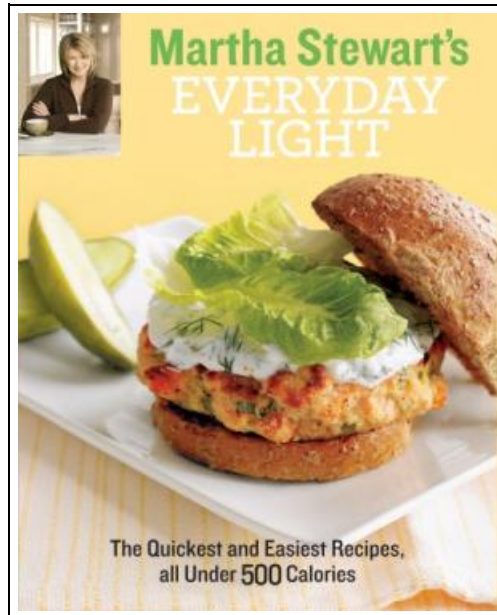


## Martha Stewart's Everyday Light



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**(Eliane Bednar)**

## MARTHA STEWART'S EVERYDAY LIGHT



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Transworld Publishers Ltd. Paperback. Book Condition: new. BRAND NEW, Martha Stewart's Everyday Light, Martha Stewart, From the Queen of American cookery comes a fabulous collection of recipes - all 500 calories or less, and all big on flavour! Martha Stewart knows it's not enough for home cooks to prepare tasty weeknight meals in a flash - they also need to be healthy and appealing for the whole family. "Martha Stewart's Everyday Light" features delicious, low-fat recipes that are made with accessible ingredients, and each recipe is accompanied by beautiful colour photography to keep you inspired and cooking light every day of the week. The recipes, which are organised seasonally, include salads, soups, stews, main courses, easy sides, desserts, and more. You'll find slimmed-down favourites, such as Beef Chilli, Chicken Parmesan, and deceptively skinny Chocolate-Chunk Brownies, plus new delights such as Spicy Chicken Stir-Fry with Peanuts and Salmon Burgers with Yoghurt-Dill Sauce. With basic low-fat cooking techniques (stir-frying, cooking in parchment, grilling), tips on the 10 best ways to boost flavour without adding fat (including marinades, dressings, herbs and spices), and simple tools for low-calorie cooking (cast-iron skillets and grill pans and steamer baskets), "Martha Stewart's Everyday Light" helps you cook the kind of delicious, healthy food you really want to eat!



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