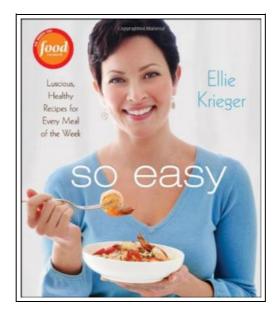
# So Easy: Luscious, Healthy Recipes for Every Meal of the Week (Hardback)



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(Duane Fadel)

## SO EASY: LUSCIOUS, HEALTHY RECIPES FOR EVERY MEAL OF THE WEEK (HARDBACK)



Houghton Mifflin Harcourt Publishing Company, United States, 2009. Hardback. Condition: New. Language: English . Brand New Book. A New York Times bestselling author s guide to quick and healthy everyday meals As weekly host of the Food Network s Healthy Appetite, Ellie Krieger is known for creating light and healthy dishes that taste great and are easy enough for the busiest people to prepare. Now, Ellie has put together a collection of meal solutions for those of us who love food and want to eat well but struggle to make it happen given life s hectic pace. With 150 delicious, easy-to-prepare, fortifying recipes, Ellie provides dishes that tackle every possible mealtime situation. Illustrated with 50 full-color photos, there are recipes for: Grab-and-go breakfasts for hectic days, as well as easy breakfast options for more leisurely mornings Lunches to go, each road-tested in a cooler pack, along with at-home lunches for when you have the luxury of eating in A month s worth of different rush-hour dinners-fabulous meals you can whip up in less than thirty minutes-as well as dinners for days when you have a little more time to marinate or roast, but still want it all to be effortless Decadent desserts, some ready in minutes, others truly worth waiting for-all easily pulled together As a mom with a full-time job, Ellie knows how busy life is when you re juggling your family s needs. Now, you can stop stressing over whether to eat healthily or to eat fast. The recipes here-from Cheddar Apple Quesadilla, Pork Piccata with Spinach and Garlic Mashed Potatoes, Marinated Flank Steak with Blue Cheese Sauce to Chocolate-Cream Cheese Panini Bites and Fig and Ginger Truffles-are ideal, regardless of the time, or experience, you have in the kitchen. When so much in life is complicated, isn...



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