

**The Best and Lightest: 150 Healthy Recipes for Breakfast, Lunch and Dinner**

Healthy Recipes That Taste Anything But! Using clever cooking techniques and ingredient swaps, Food Network Magazine's test kitchen chefs have lightened up all the foods you crave. Each crowd-pleasing dish comes in under 500 calories with satisfying—not tiny—portions. With a visual table of contents Healthy Recipes That Taste Anything But! Using clever cooking techniques and ingredient swaps, Food Network Magazine's test kitchen chefs have lightened up all the foods you crave. Each crowd-pleasing dish comes in under 500 calories with satisfying—not tiny—portions. With a visual table of contents complete with icons that indicate vegan, vegetarian and gluten-free dishes you can quickly find meal ideas for any diet. Plus, each recipe appears with nutritional information and a beautiful photograph, making eating right surprisingly simple and totally fun. Take a look at what's inside: Polenta with Fontina and Eggs Spiced Burgers with Cucumber Yogurt Potato-Leek Soup with Bacon Shrimp and Kale Pitas Spicy Chicken Enchiladas Chile-Rubbed Steak with Creamed Corn Three-Cheese Macaroni Banana-Almond Pudding Strawberry Corn Cakes ...more The Best and Lightest: 150 Healthy Recipes for Breakfast, Lunch and Dinner PDF ebook

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