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Fix-It and Enjoy-It Healthy Cookbook: 400 Great Stove-Top And Oven Recipes

Phyllis Good

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Can you believe it? Great tasty recipes that are easy to prepare— and they're HEALTHY! Bring New York Times bestselling author Phyllis Pellman Good together with the prestigious Mayo Clinic, and that's what you have—irresistibly tasty food that's easy to prepare and nutritious in the bargain! Just "fix it and enjoy it!" Fix-It and Enjoy-It Healthy Cookbook is packed with more than 400 recipes for stove-top and oven cooking. "I am dedicated to offering recipes that make it possible to eat at home, even if you don't have much time, or radiant cooking skills!" says Good. "Here are hundreds of ‘make-it-again' recipes from great home cooks—with nutritional punch! "I am delighted to have teamed up with Mayo Clinic, whose dietitians have analyzed all the recipes for their nutritional value. Together, we've adapted the recipes to fit within Mayo Clinic's Healthy Weight Pyramid." Each delicious recipe includes Prep Time, Cooking/Baking Time, its own nutrient analysis, and its number of Pyramid servings. A treasury of more than 400 tasty, HEALTHY recipes! Enjoy it!

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