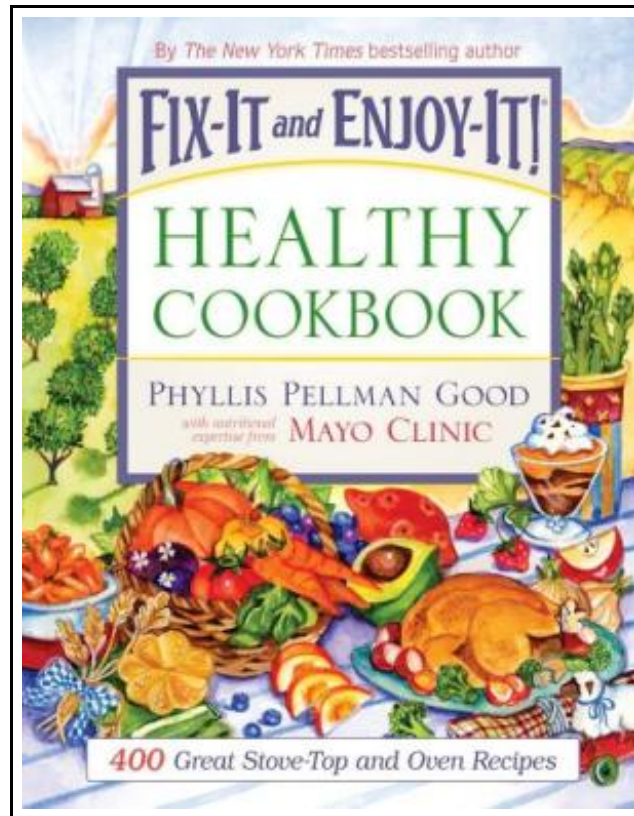


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(Brendan Doyle)

FIX-IT AND ENJOY-IT HEALTHY COOKBOOK: 400 GREAT STOVE-TOP AND OVEN RECIPES (PAPERBACK)



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GOOD BOOKS, United States, 2009. Paperback. Book Condition: New. 224 x 175 mm. Language: English . Brand New Book. With more than 400 great tasting, stove-top and oven recipes that are easy to prepare and HEALTHY! From the bestselling author of the Fix-It and Forget-It slow cooker series and the nutritional experts at Mayo Clinic. 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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