

Weelicious 140 Fast Fresh And Easy Recipes

Finally! A cookbook for people who have had enough with rules and restrictions and are ready for delicious food that makes them feel good. In her follow-up to her breakout success *What's Gaby Cooking*, Gaby Dalkin reveals the secret to a happy life: balance. *Eat What You Want* reflects how Gaby eats in real life, and for her, balancing moderation and indulgence is everything. No deprivation, no "bad foods" list. The only rule? Enjoy your food. Whether you are looking for lighter dishes filled with tons of fresh fruits and veggies (like a Cauliflower Shawarma Bowl or Lemony Tahini Broccolini), or soul-soothing dishes like (Ham and Cheese Croissant Bread or Strawberry Crispy Cobblers), Gaby has you covered. All told, *Eat What You Want* is an invitation/permission slip/pep rally for you to let go of all the noise around what you choose to eat. Choose joy! Choose fun! Choose no apologies or excuses. But most of all, choose whatever makes you happy.

New York Times best-selling author and revolutionary food activist Vani Hari offers an array of quick, easy, REAL food recipes that make cooking fun, healthy, and delicious. This book will inspire you to take control of your health and ditch processed foods for good. Get ready to ditch processed foods for good, and eat the cleanest, healthiest food on the planet! With more than 100 mouthwatering recipes—from Biscuits with Whipped Honey Butter to Baja Fish Tacos, Grapefruit Goddess Salad, Luscious Lemon Bars, and even Homemade Doritos—the Food Babe Kitchen will show readers how delicious and simple it is to eat healthy, easy, real food. Food Babe Kitchen shows you how to shop for the healthiest ingredients by breaking down every aisle in the grocery store with expert label-reading tips and simple swaps, plus a handy meal-planning guide and pantry list to stock your kitchen for success. Eat healthfully, close to the earth, with the best ingredients that you choose, so when you sit down to enjoy a delicious meal you know what you are eating, and you haven't spent all day in the kitchen! Easy-to-follow directions, eye-catching photography, and simple substitutions to accommodate vegan, dairy-free, grain-free, and other diets, make this the ultimate guide to getting back into the kitchen to create healthful meals for yourself and those you love. Getting off processed food has never been easier—or more delicious.

The bestselling author and Emmy Award-winning cohost of ABC's *The Chew* takes the intimidation out of cooking and shows you how to savor life fully every day with this gorgeous cookbook featuring more than 125 easy, healthy, and delicious timesaving recipes. For many people, especially those who aren't quite at home in the kitchen, the idea of cooking a homemade meal can be terrifying, uninspiring, or just feel like a chore. In *The Happy Cook*, Daphne Oz makes cooking fun and relaxing, and shows anyone—newbie or seasoned expert—how to celebrate every day with delicious meals that are as easy to create as they are to enjoy. Like cooking with a good friend and a glass of wine, *The Happy Cook* is filled with friendly advice, expert tips, inspiring ideas, and best of all, 125 simple yet fabulous recipes, all using just a handful of ingredients, that will transform the most nervous or reluctant novice into a happy, confident home cook. Here are recipes for the whole day and the whole week, from Saturday dinner parties to quick-and-easy weeknight leftovers. With *The Happy Cook*, eating well is a breeze with delights such as: Breakfast—Crispy-Crunchy Honey-Thyme Granola, Chocolate Almond Breakfast Bars, and Coconut-Mango Pancakes Lunch—Kale and Plum Salad with Miso Vinaigrette, Warm Spring Pea Soup, Seared Garlic-Lime Shrimp Banh Mi and Philly Cheesesteak Quesadillas Dinner—Truffle Salt Roast Chicken with Lentils and Squash, Cashew Soba Noodles with Fried Shallots, Sea Bass Roasted Over Citrus, and Apricot-Rosemary Glazed Lamb Chops Dessert—"Outlaw" Carrot Cake with Brown Sugar Buttercream, Better Brownies, Sour Apple Juice Pops, and Nutty Banana "Ice Cream" *The Happy Cook* is all about real-life application—and real-life success. Celebrate every occasion and every meal with mouthwatering, vibrant, easy food. It's not about perfection, as Daphne makes clear. It's about the confidence to get into the kitchen, have fun, and become a happy cook!

Give your baby and toddler the best start in life and help them grow up healthy, happy, and strong with delicious, homemade foods. Packed with 90 easy-to-prepare recipes made with wholesome ingredients, *The Baby & Toddler Cookbook*--along with its companion volume, *Baby and Toddler On the Go*--offers a fresh and nutritious approach to feeding children from 6 months to 3 years. Making fresh, homemade meals for your baby and toddler is one of the best ways to give him a healthy, happy start in life. And while every parent can appreciate the convenience of already-prepared foods, balancing them with wholesome meals you have prepared yourself not only provides better nutrition, but also teaches your baby good eating habits. Packed with over 90 recipes and loads of nutritional information, *The Baby & Toddler Cookbook* makes cooking healthy meals easy, even for busy parents. By setting aside only a few hours a week, you can make and store an array of nutritious foods to keep baby happy and fed. All along the way, this book will give you helpful hints, guidance, and plenty of recipes to ease your path to nutrition. Each chapter begins with detailed information about the child's nutritional needs and how to address the needs at mealtime. Organized by age, the recipes follow, showing how to introduce different, appropriate foods at every development stage, from 6 months to 3 years. Each of baby's stages is covered, from starting solid foods and introducing new ingredients and textures, to easing into toddlerhood with plenty of ideas for fun meals, snacks, and desserts. This book also includes tips for making foods ahead, using the freezer to maximum advantage, and making food fun for your toddler. Selected recipes include: -Sweet Potato Puree -Creamy Pumpkin Risotto -Apple-Cinnamon Oatmeal -Tofu, Rice & Avocado -Almond Butter & Banana Bites -Chicken & Veggie Pockets Popular cooking instructor and author of *Kitchen Matters* shares her easy, healthy recipes and kitchen hacks that make home cooking a breeze -- without compromising flavor or nutrition. Pamela Salzman, beloved Los Angeles-based cooking instructor and author of *Kitchen Matters*, is back with a collection of quick, delicious meals that don't compromise on flavor or nutrition. In *Quicker Than Quick*, Pamela shares an arsenal of cooking class-tested, family-approved, easy, healthful recipes that will have you covered through breakfast, lunch, and dinner. These inventive sheet pan dinners, stovetop skillet meals, Instant Pot recipes, and quick versions of time-consuming comfort foods require minimal hands-on time and don't use exotic, hard-to-find ingredients. Equally useful are the techniques and tricks that teach you great ways to hack your meals, without sacrificing quality. With recipes customizable for a range of diets (vegan, vegetarian, gluten-free, dairy-free, grain-free, Paleo, and nut-free), as well as suggestions for how to repurpose almost every recipe in the book and general ideas for using up leftovers, *Quicker Than Quick* will make your cooking like a snap -- and your local fast food delivery obsolete.

Even though we know that babies and children learn primarily through their senses, American babies are still eating mushy food from a jar -- at a time when their brains are growing exponentially and they are most open to trying new things. *Smart Bites for Baby* offers a better approach to cooking for babies and toddlers. Drawing on world cuisine, this cookbook includes 300 easy recipes made with nutrient-rich ingredients, such as fish, berries, and sesame. The meals emphasize color, texture, and flavor, and are proven to engage and stimulate the growing brain. Parents will also find more nutritious versions of the foods toddlers

love, from mac n' cheese to popsicles. Shino's smart bites nourish the minds and bodies of our children.

Whether you are at home, in the park, on an airplane, or anywhere in between, feeding your child wholesome meals is deliciously possible, even on a busy schedule. Feeding your baby or toddler a healthy homemade meal while you are on the go may seem like a daunting task, but with the easy-to-prepare recipes and guidance found in this cookbook, you can make it happen without a lot of time spent in the kitchen. Life is busy, especially with a little one in tow, and it doesn't leave much time to plan, prep ingredients, and prepare wholesome meals that are easy to take along, whether you are traveling by car or plane, heading to daycare or the park, or simply running errands. The more than 75 wholesome, yummy recipes found here, plus loads of tips and tricks for planning, prepping, cooking, packaging, and feeding, will set you up for any situation. *Baby & Toddler On the Go* takes you through each stage of eating, from introducing purees at 4 to 6 months, to bite-sized mini meals packed with nutritious ingredients by 12 months, to sandwiches and finger foods appropriate for toddlers 18 months to 3 years and beyond. Plus, nearly all of the recipes found here can be made in advance and stored in the freezer, meaning that you can have a array of different meals at your fingertips, anytime. So, no matter where you are, it's possible to feed your child tasty meals and snacks that are sure to elicit a smile. Selected recipes include: -steamed veggies puree -spinach and cheese frittata bites -pesto and mozzarella sammies -mini pita pockets -fruit and vanilla yogurt dip -savory mini corn muffins

Simple Recipes for a Wholesome Start Nothing compares with making your own baby food: It's fresh and unprocessed, you choose what goes into it, and it is a delicious way to introduce your child to a world of flavors. In *Real Baby Food*, Jenna Helwig helps you fit this loving act into a busy day's routine by making the process easy, fast, and flexible with 100 meals to begin a lifetime of healthy eating—from the moment your baby takes her first bite of solid food through her toddler years when she's happily ensconced in a booster seat at the family table. *Real Baby Food* is your guide to these important first years of eating. Find the building blocks of starting your child on solid foods, how to recognize food allergies, and easy ways to cook in bulk. Recipes progress from single-ingredient purées to multi-flavor blends like Salmon, Kale, and Sweet Potato Smash; then move on to finger foods—Turkey Meatloaf Bites, Maple Graham Animals—and finally toddler meals and snacks. Most can be made ahead and frozen, many are easily adapted for grown-up tastes, and all include full nutritional information.

This Weelicious enhanced ebook follows Catherine McCord into her kitchen! Five fun videos show Catherine and her kids making delicious, family-friendly recipes like Spinach Gnocchi and Stuffed French Toast. Our kids can be great eaters! After her son was born in 2007, Catherine McCord sought out resources to teach her how to prepare fresh, healthy, appealing meals for young kids—but she came up empty. With culinary school under her belt and a hungry baby to feed, Catherine started *Weelicious.com*, a website that has since grown into a comprehensive offering of kid-friendly family meals. Complete with beautiful color photos, tips and tools, lists of pantry staples, feeding plans, and more than seventy new recipes never before seen on *Weelicious .com*, *Weelicious* makes it easy to get kids eating healthy foods from their first bite. Catherine teaches parents how to turn their kids into great eaters who appreciate food and are open to exciting new flavors. With *Weelicious* you will: Stop being a short-order cook—whip up unique, delicious, and healthy recipes that everyone in your family, no matter what their age, will love. Inspire your kids to eat healthfully without resorting to sneaking or trickery—discover a wealth of great tips for getting kids to eat just by paying attention to how their food is prepared and presented. Get kids in the kitchen from day one—introduce kids to a variety of foods and include them in the cooking process to set them up for years of positive eating habits. Shop effectively (and make it fun)—bring your kids to the farmers' market or grocery store for a hands-on learning experience when it comes to meal planning. Give kids some choice—strategically allow them to have more input and control over what goes into their bodies so they can “own” their choices. From first-food favorites such as Sweet Potato-Coconut Puree and The Teething Cookie to family-friendly Veggie Nuggets, Rice Cooker Mac and Cheese, Chicken on a Stick, Shrimp Tacos, and Cheesy Chicken Taquitos to treats like Banana Bread Cake, Raspberry-Cream Cheese Heart Tarts, and Chocolate Velvet Beet Cupcakes, these recipes are perfect for little taste buds and sophisticated adult palates alike—and best of all, every single recipe has been created with health and wholesomeness in mind. More than just a cookbook, *Weelicious* is the ultimate cooking bible for families—a resource that will stand the test of time as the family grows! Please note that due to the large file size of these special features this enhanced e-book may take longer to download than a standard e-book.

Trusted family food expert and *Weelicious* founder serves up more than 100 transformative recipes for nourishing and delicious smoothies Catherine McCord, the founder of *Weelicious* and family food brand *One Potato*, offers a way to change your life using only your blender. Whether you are looking to improve your overall health, to combat a chronic condition, or to help your children eat better, this tried-and-tested collection of more than 100 delectable recipes help you and your family achieve your goals, in a way that is practical and affordable. Complete with shopping lists, illustrated charts, testimonials, and advice from top nutritionists, the book simply outlines the benefits of particular ingredients and how they work in the body. Filled with smoothies that are as delicious as they are wholesome, *Smoothie Projectis* about real food, real people, and real change.

From bouillabaisse to goulash to sashimi and pavlova, over 130 recipes are arranged by continent in this luscious book. Each recipe represents the best of its originating country, even though it can easily be found in kitchens of other countries.

More than 100 inspiring recipes and crafts to cook, bake, and create during that precious hour known as naptime. Every parent knows how magical naptime is—that blissful hour when the house is quiet and you actually have a few moments to yourself. Now Jamielyn Nye, founder of the popular blog *IHeartNaptime.net* and mother of three, is making naptime even more delicious with her highly anticipated first cookbook. With millions of visitors a month, *I Heart Naptime* has become a favorite online destination for readers who can't get enough of Nye's easy, kid-pleasing recipes and adorable crafts. From Fluffy Buttermilk Biscuits to BLT Salad with Homemade Buttermilk Ranch Dressing, One-Pot Cheesy Bacon and Chive Macaroni, and Cookies 'n' Cream Cupcakes, *THE I HEART NAPTIME COOKBOOK* features more than 100 recipes that have you covered for any meal, snack, or sweet craving—and many will even inspire your kids to help in the kitchen! In addition to recipes, Nye's charming crafts like DIY plates, napkins, and aprons transform any meal into a celebration and makes it easy to give the perfect gift, from a basket of homemade toffee to birthday cupcakes. An indispensable resource for home cooks and busy parents, *THE I HEART NAPTIME COOKBOOK* will make it easy to answer that age-old question, "What's for dinner?"

Mornings can be hectic, but registered dietitian, cook, and mom Katie Morford has the key to a saner, healthier way to start the day. With 75 recipes—quick and easy for weekdays, slow and luxurious for relaxed weekends—you can turn your morning into an exercise in good nutrition and great taste. You'll find breakfasts that can be eaten at the table (Egg-in-a-Nest Pesto Pizzas), at the bus stop (Strawberries and Cream Spoon Smoothies), or on the run (Milk and Cereal Bars), all healthy alternatives to cold cereal

and prepackaged bars that even picky eaters will love. Rise & Shine is tailor made for busy families who want to do mornings just a little bit better. It's a toolkit of ideas and inspiration to make a nourishing breakfast not only doable, but delicious.

Offers recipes for a paleo diet, including Spanish frittata with chorizo, Korean beef noodle bowls, and lemon vanilla bean macaroons.

Each recipe features only organic, unprocessed, whole ingredients. Carrie Vitt's journey began with severely debilitating migraines that led her to a whole new way of delicious cooking. Many friends and relatives wanted to know how she did it, so she started her Deliciously Organic blog, which led to this book. Today, she lives on a military base with her husband and their two daughters.

In her first cookbook, 100 Days of Real Food, Lisa Leake revealed how simple it is to think out of the box in the kitchen by replacing unhealthy prepackaged and processed foods with "real food"—mouthwatering meals made with wholesome and familiar ingredients. Now, Lisa is back with 100 quick-and-easy recipes and simple cheat sheets that will work with every family's busy lifestyle. 100 Days of Real Food: Fast & Fabulous gives Lisa's devoted fans and newcomers exactly what they want, quick and tasty favorites for breakfast, lunch, dinner, dessert, and even snacks that are a snap to make. Inside you'll find recipes sure to please everyone, from Cinnamon Raisin Scones, Couscous and Tomato Salad, and Corn Muffins to Citrus Salad With Crispy Quinoa, Honeydew Green Smoothie, and Slow Cooker Black Bean Soup to Easy Fish Tacos, Parmesan Crusted Chicken, and Chocolate Banana Pops. While some dishes are blog favorites, seventy-five percent are brand new. Along with these family-friendly recipes, 100 Days of Real Food: Fast & Fabulous incorporates ideas for adult, big-kid, and little-kid packed lunches and new seasonal meal plans and shopping lists—everything you need for accessible, quick, and real home cooking. Lisa also includes a "CliffsNotes"-style resource section packed with easy guidelines on how to buy real food, supermarket staples (including her Top 10 Shopping Lists by Store), the truth behind more than a dozen grocery store myths, and other handy kitchen tips (such as food prep guides and storage cheat sheets). Making and enjoying healthy meals the whole family will love doesn't have to be difficult, boring, or expensive. With this essential cookbook, illustrated with color photos for every single recipe, you'll see just how fast and fabulous good home-cooked meals can be.

Pamela Salzman shares a simple but powerful mantra with the students who attend her famed cooking classes: Eat well, live well, be well. Now, in Kitchen Matters, she shares the recipes that have won the praise of Nicole Richie, Rashida Jones, Audrina Patridge, and other mega-fans. Customizable for vegetarian, vegan, and grain-free diets, the recipes rely on accessible veggie-forward ingredients that are anti-inflammatory and nutrient-dense. Both practical and elegant, Kitchen Matters offers a roadmap for new and busy home cooks to begin including more wholesome foods every day, for meals as nourishing as they are unforgettable.

"Isn't [Pamela] amazing? I couldn't boil water and now I regularly make dinner for my family."—Jenni Kayne, fashion designer
"With The Good Stuff Cookbook, Spike Mendelsohn applies his limitless imagination to classic American comfort food" (Tom Colicchio, chef/owner of Craft restaurants). "Spike knows how to bring the fun to bun." —Rachael Ray One of the most popular contestants ever on the hit television show Top Chef, Spike Mendelsohn is one of the hottest celebrity chefs on the scene. His restaurant in Washington, DC, Good Stuff Eatery, has been a resounding success and even claims Michelle Obama as a fan. In The Good Stuff Cookbook, Chef Spike serves up fast, fun, and fresh recipes for classic fare like burgers, sides, shakes, and desserts, as well as menu suggestions for all types of events, from big parties to casual family dinners. You'll find old favorites with a twist: unique and tasty sauces and mayonnaises like Good Stuff Sauce and Curry Mayonnaise; fan-favorite sides like Baked Sweet Potato Fries and Bacon-Wrapped Asparagus; the famous Toasted Marshmallow Milkshake, malts, and floats; and, of course, Chef Spike's crowd-pleasing burgers made with beef, turkey, chicken, pork, and even lamb. Featuring 120 fresh and delicious recipes and 140 full-color photos, this is the perfect all-American cookbook for anyone who loves great casual comfort food like burgers, fries, and shakes, but wants to mix things up with a gourmet touch. "Chef Spike Mendelsohn has a pulse on the American heartbeat for delicious, soul-satisfying comfort foods." —Chef Art Smith

Every parent knows how difficult it is to get to get kids eating happily and healthily. Catherine McCord has the answer: Weelicious! Creator of the wildly popular blog Weelicious.com, Catherine, who honed her cooking skills at Manhattan's Institute of Culinary Education, strongly believes in the "one family/one meal" idea—preparing a single, scrumptious meal the entire family can sit down and enjoy together rather than having to act as "short order cook" for kids who each want something different. In Weelicious, she offers dozens of recipes and tips for creating quick, easy, healthy, and fun food that moms, dads, and young children of any age will absolutely adore—from the most persnickety infants to the pickiest grade-schoolers.

'Cookery's answer to Mrs Hinch' Hello! magazine The revolutionary Batch Method brings the gift of time to even the busiest lives, with over 80 delicious, home-cooked recipes.

Easy, healthy, and fun lunch ideas for every age! Once kids walk out the door for school, all bets are off. Will your son toss the nutritious food you've included and jump right to the treats? Will your daughter trade her sandwich for her best friend's prepackaged meal? Determined to improve what kids eat both at school and on the go, weelicious.com founder Catherine McCord offers innovative solutions for quick, delicious, easy-to-make, kid-friendly lunch box meals that little ones and their older siblings won't be tempted to swap, including: Chicken Satay Bites PB&J Pancake Sandwiches Pumpernickel Tuna Melt Chicken Salad Roll Ups Chopped Veggie Salad Tomato Soup with Grilled Cheese Croutons Carrot Hummus Cinnamon Pita Chips Chocolate Graham Crackers Nature Cookies Cinnamon Roll "Sushi" Sandwiches Filled with lots of great menu planning ideas; tips, tricks, and reusable product suggestions to make lunch fun; inspiring color photographs, advice on dealing with food allergies and so-called picky eaters; and more than 160 tried and true recipes, Weelicious Lunches takes lunchtime planning from hassle to joy!

Introducing the lifesaving cookbook for every mother with kids at home—the book that solves the 20 most common cooking dilemmas. What's your predicament: breakfast on a harried school morning? The Mom 100's got it—Personalized Pizzas are not only fast but are nutritious, and hey, it doesn't get any better than pizza for breakfast. Kids making noise about the same old lunch? The Mom 100's got it—three different Turkey Wraps, plus a Wrap Blueprint delivers enough variety to last for years. Katie Workman, founding editor in chief of Cookstr.com and mother of two school-age kids, offers recipes, tips, techniques, attitude, and wisdom for staying happy in the kitchen while proudly keeping it homemade—because homemade not only tastes best, but is also better (and most economical) for you. The Mom 100 is 20 dilemmas every mom faces, with 5 solutions for each: including terrific recipes for the vegetable-averse, the salad-rejector, for the fish-o-phobe, or the overnight vegetarian convert. "Fork-in-the-Road" variations make it easy to adjust a recipe to appeal to different eaters (i.e., the kids who want bland and the adults who don't). "What the Kids Can Do" sidebars suggest ways for kids to help make each dish.

Take your rightful place in the driver's seat of your own life and career through the focused and fearless strategies that only highly respected, incredibly successful luxury fashion mogul and social activist Rebecca Minkoff could lay out in these pages. Rebecca Minkoff built a fashion empire through hard work and a relentless drive to live her dream. It wasn't easy and took tremendous resolve to remain hungry and persevere. By never giving up, she has created a space for herself on the shelves of luxury department stores across the world. From

Rebecca's experience, readers will learn how to: Take on challenges they initially didn't know how to complete, using Rebecca's fearless approach to push themselves to meet each and every one. Overcome the fear and trials female entrepreneurs often face. Break the rules and find success in places they previously thought to be inaccessible. Reach their goals, no matter how unattainable they may seem. In this book, Rebecca shares her own stories and teaches readers how she was able to reach her goals to become the successful fashion designer she is today. She shows that if you remain hungry, work hard, and face the unspoken rules that have held women back for centuries, you can make success happen for yourself.

Would you believe it if someone told you that you could eat healthy, tasty, diabetes-friendly meals on just \$7 a day? It sounds impossible, but it isn't. You can save money without sacrificing what's most important to you: a healthy variety of great-tasting meals that fits any diabetes meal plan. Authors Geil and Ross give you a slew of new, low-cost recipes, complete with cost-per-serving and nutrition information, and useful tips to help you navigate the grocery store shelves.

The producer of *An Inconvenient Truth*, Laurie David's new mission is to help America's overwhelmed families sit down to a Family Dinner, and she provides all the reasons, recipes and fun tools to do so. Laurie David speaks from her own experience confronting the challenges of raising two teenage girls. Today's parents have lots to deal with and technology is making their job harder than ever. Research has proven that everything we worry about as parents--from drugs to alcohol, promiscuity, to obesity, academic achievement and just good old nutrition--can all be improved by the simple act of eating and talking together around the table. Laurie has written a practical, inspirational, fun (and, of course, green) guide to the most important hour in any parent's day. Chock-full chapters include: Over seventy-five kid approved fantastic recipes; tips on teaching green values; conversation starters; games to play to help even the shyest family member become engaged; ways to express gratitude; the family dinner after divorce (hint: keep eating together) and much more. Filled with moving memories and advice from the country's experts and teachers, this book will get everyone away from electronic screens and back to the dinner table. This beautifully illustrated cookbook and travelogue features 100 authentic recipes gathered from Shanghai to Xinjiang and beyond. Mandarin-speaking American siblings Mary Kate and Nate Tate traveled more than 9,700 miles through China, collecting stories, photographs, and lots of recipes. In *Feeding the Dragon*, they share what they saw, learned, and ate along the way. Highlighting nine unique regions, this volume features Buddhist vegetarian dishes enjoyed on the snowcapped mountains of Tibet, lamb kebabs served on the scorching desert of Xinjiang Province, and much more presented alongside personal stories and photographs. Recipes include Shanghai Soup Dumplings, Pineapple Rice, Coca-Cola Chicken Wings, Green Tea Shortbread Cookies, and Lychee Martinis. *Feeding the Dragon* also provides handy reference sidebars to guide cooks with time-saving shortcuts such as buying premade dumpling wrappers or using a blow-dryer to finish your Peking Duck. A comprehensive glossary of Chinese ingredients and their equivalent substitutions complete the book.

125 family-friendly recipes based on the author's popular Just a Taste food site, with each recipe featuring a totally unexpected ingredient Kelly Senyei, founder of the food site Just a Taste, has garnered millions of fans with a delicious hook--every one of her recipes has a secret ingredient, something totally unexpected that takes a dish from common to extraordinary. Some of the 125 tried-and-tested recipes are surprisingly simple, like her Vanilla Bean Drop Doughnuts made with Greek yogurt, or the Sweet and Tangy Baked Chicken Wings made with blackberry jam. Other recipes are nothing short of genius, such as the Kale Panzanella made with croissants, the Healthy White Chicken Chili made with hummus, or the Crispy Slow Cooker Carnitas made with cocoa powder. And just because the secret ingredients are surprising doesn't mean they're expensive or hard to find, either. Kelly is a busy mother of two, and she made sure every ingredient can be found in any supermarket. Her family-friendly recipes cover every occasion, from crowd-pleasing snacks and 30-minute entrées to make-ahead sides and holiday-worthy desserts.

Includes index.

Weight Watchers® best-ever recipes for America's favorite healthy meat: chicken! Everyone loves chicken--it's versatile, economical, and perfect for everything from quick weekday dinners to leisurely weekend meals. Here are 250 favorite low calorie chicken recipes--from time-tested and classic to new and trendy--for any and every occasion in one beautiful, easy-to-use cookbook, including: - Tasty Small Bites: from Chicken Skewers with Spicy Peanut Dipping Sauce to Chicken and Cheddar Quesadillas - Super Salads: like Chicken, Mango, and Black Bean Salad and Grilled Chicken Sausage with Roasted Potato Salad - Hearty Soups and Stews: such as Mexicali Chicken Soup with Lime and Chicken Stew with Dumplings - Company favorites: from Hunter-Style Chicken to Chicken, Shrimp, and Kielbasa Paella - Something from the Oven: such as Chicken Baked in a Salt Crust and Green-Olive Roast Chicken - Grilled Main Dishes: from Chicken Under a Brick to Tequila-Citrus Chicken - Slow-Cooker Favorites: like Chicken and Ham Cassoulet and Meatballs in Cinnamon-Tomato Sauce - Recipes Ready in Twenty Minutes: such as Chicken and Edamame Stir-Fry and Chicken Caesar Pitas With Weight Watchers Ultimate Chicken Cookbook, you'll discover many delicious recipes sure to become your family favorites. Plus you'll find valuable information on buying and safe handling of chicken, how to carve chicken and turkey, cooking chicken to perfection, types of birds and how to choose them, slow-cooker know-how, diet information, and more.

It is an undeniable truth: Parents Need to Eat Too! Food and parenting writer Debbie Koenig addresses the dilemma faced by so many parents coping with the demands of a new baby by offering simple, healthy, and delicious recipes for moms and dads who are too sleep-deprived, too frazzled, or simply too busy to cook nutritious meals for themselves. From dinners that can be eaten with one hand (while you hold baby in the other) to slow cooker culinary masterpieces and full courses to prepare while baby naps, *Parents Need to Eat Too* is filled with tasty, easy-to-make recipes, helpful kitchen tips, and real solutions to the problems faced by hungry parents. *Parents Need to Eat Too* has been named one of the Best Cookbooks of 2012 by *Leite's Culinaria*, whose Editor-in-Chief Renee Schettler Rossi called it the "What to Expect After You're Expecting" and said that the book "savvily and sassily helps you extend the efficiency of any time spent in the kitchen." A must-read for new parents!

"It is impossible to look at the rainbow of options in *Smoothie Project* without seeing health on every page. I am, as in all things WEELICIOUS, sold."—Jennifer Garner Trusted family food expert and Weelicious founder serves up almost 100 transformative recipes for nourishing and delicious smoothies Weelicious founder Catherine McCord is an expert recipe developer who helps families eat healthfully and deliciously. When her son started suffering from chronic nausea and her family doctors couldn't help, McCord turned to her experience with nutrition for an answer, researching until she discovered a surprisingly simple solution—smoothies. She shared her family's story and some of her favorite smoothie recipes on social media, and the *Smoothie Project*, a daily online source of inspiration, was born. People began to use her recipes and share how smoothies had become a force of change in their lives, too. Years of witnessing the positive effects that smoothies can offer inspired McCord to create a smoothie bible packed with almost 100 of her favorite, tried-and-tested recipes. With guidance from top nutritionists, McCord also explains how to eat based on your age and details the health benefits of key smoothie ingredients, so you can: • Reduce stress and anxiety • Lose weight • Control ADHD symptoms • Boost your immune system • Improve digestion • Increase your energy • Eat to support pregnancy or breastfeeding • Have beautiful, strong skin, hair, and nails • Encourage kids to eat nutritious foods • And more... McCord offers a way to change your life in just twenty-eight days, using only your blender. All you have to do is commit to having one of her smoothies each morning for a month, and every glass will bring you one step closer to achieving your goals.

Collects more than three hundred recipes as well as a technique primer and how-to information on subjects as wide-ranging as rust removal, throwing a cocktail party, and knife skills.

As a pediatrician, spokesperson for the American Academy of Pediatrics, and mother of three boys, Dr. Tanya Altmann knows that good nutrition is essential for healthy kids. In *What to Feed Your Baby*, Dr. Tanya provides the latest nutritional recommendations and best practices for feeding babies and young children. The simple, fool-proof program focuses on serving eleven foundation foods: eggs, prunes, avocado, fish, yogurt/cheese/milk, nuts, chicken/beans, fruit, green veggies, whole grains, and water. *What to Feed Your Baby* helps parents set their children up for a lifetime of healthy choices—and say goodbye to picky eating forever!

Weelicious140 Fast, Fresh, and Easy RecipesWilliam Morrow Cookbooks

Get the recipes everyone is talking about in the debut cookbook from the wildly popular blog, *Skinnytaste*. Gina Homolka is America's most trusted home cook when it comes to easy, flavorful recipes that are miraculously low-calorie and made from all-natural, easy-to-find ingredients. Her blog, *Skinnytaste* is the number one go-to site for slimmed down recipes that you'd swear are anything but. It only takes one look to see why people go crazy for Gina's food: cheesy, creamy Fettuccini Alfredo with Chicken and Broccoli with only 420 calories per serving, breakfast dishes like Make-Ahead Western Omelet "Muffins" that truly fill you up until lunchtime, and sweets such as Double Chocolate Chip Walnut Cookies that are low in sugar and butter-free but still totally indulgent. The *Skinnytaste Cookbook* features 150 amazing recipes: 125 all-new dishes and 25 must-have favorites. As a busy mother of two, Gina started *Skinnytaste* when she wanted to lose a few pounds herself. She turned to *Weight Watchers* for help and liked the program but struggled to find enough tempting recipes to help her stay on track. Instead, she started "skinny-fying" her favorite meals so that she could eat happily while losing weight. With 100 stunning photographs and detailed nutritional information for every recipe, *The Skinnytaste Cookbook* is an incredible resource of fulfilling, joy-inducing meals that every home cook will love.

Presents ideas for parents on getting children to enjoy good food and be willing to try new dishes, with a collection of recipes and advice on food shopping and on involving kids in the preparation of their meals.

You'll be amazed at what your blender can do for you! Blenders are the "it" accessory, mostly because smoothies are healthy and quick. Sure, but did you know you can also whiz up a mean burger—salmon, veggie, turkey, even beef—in a blender? Your blender is that good! Brownies, pancakes, slaws . . . there are so many things you can make easily and quickly. Not only that, but blending offers the perfect opportunity to sneak in some extra nutrition: Black beans in your chocolate cake? Carrots in your tomato sauce? Or a quick pulse of cauliflower that can stand in for cream in sauces and soups? A handy chart suggests ways to boost nutrition in recipes that you and your family will embrace. If a high-performance blender is already on your counter, this book is its obvious companion. Save money, eat healthier, and get dinner on the table in a jiffy with *The Ultimate Blender Cookbook*.

Whether they're parents, married without kids, or single, most people want to do better at mealtime—they want to put good, nutritious food on the table, they're looking for a more diverse repertoire of dishes to prepare, and they'd like to enjoy the process more. The problem is they don't believe they have the time or ability to do it night after night. But it can be done, and *Keepers* will show them how. Drawing from two decades of trial-and-error in their own kitchens, as well as working alongside savvy chefs and talented home cooks, *Campion and Brennan* offer 120 appealing, satisfying recipes ideal for weeknight meals. There's an array of master recipes for classic dishes with options for substitutions, updated old favorites, one-pot meals, "international" dishes, super-fast ones, and others that reheat well or can be cooked in individual portions. Along with timeless recipes, *Keepers* is filled with invaluable tips on meal planning and preparation, all presented in an entertaining, encouraging, and empathetic style. *Keepers* gives cooks all of the tools they need to become more efficient, confident, and creative in the kitchen. It will help them survive the Monday-to-Friday dinner rush with their sanity and kitchens intact, and also have some fun along the way.

Katie Chin's *Global Family Cookbook* lets you travel the world from your kitchen! Professional chef, TV personality and working mom of three kids, Katie Chin shows you how easy it is to prepare new and exciting meals from many cultures. Discover comfort food from around the world, and add some international flair to your dinner table. In addition to providing simple recipes for every meal and occasion, Katie includes sidebars explaining how her recipes can be adapted for vegetarians, vegans and those with food allergies—and how to add fresh new flavors to kids' lunches. From "meatless Mondays" to "taco Tuesdays," the recipes in this book include something for everyone! Bring the unforgettable flavors of the world to your table through 170 recipes including: Seven Global Go-To Sauces Mexican Chimichurri Chicken Burgers Thai Curry Meatball Subs Cuban Fish Tacos with Citrus Mango Slaw Easy Pad Thai Noodles Chicken Tikka Masala Pizza Crispy Korean Chicken Sliders And so much more! This cookbook also provides great ideas for celebrating cultures through food: Chinese New Year's Dinner—featuring TV personality Jeannie Mai (*The Real*) and with recipes provided by her mom, Mama Mai Greek Easter Dinner—with recipes provided by TV personality and lifestyle expert Debbie Matenopoulos (*The Home & Family Show*) Cinco de Mayo Celebrations—with recipes provided by cookbook author and celebrity chef Jeffrey Saad Hanukkah Dinner—with recipes provided by Faye Levy, a prolific cookbook author and lead cooking columnist for the *Jerusalem Post* Katie learned to cook alongside her mother, and it's now an experience she loves to share with her daughter. She hopes to inspire other families to have fun in the kitchen together with these recipes everyone will love!

Comfort food made healthy, from the *New York Times* bestselling author of *Whole in One*. In *Comfort Food Fix*, Ellie Krieger presents a healthier take on classic American comfort food—without sacrificing the comfort part. These 150 soul-satisfying recipes include such hearty favorites as meatloaf, lasagna, chicken potpie, crab cakes, and mashed potatoes, but without all the calories and saturated fat. With simple tricks and tips, Ellie serves up healthy delights like delicious sweet potato casserole with just a third of the calories and amazing buttermilk waffles with just a fraction of the fat. With full nutrition information for every recipe and gorgeous full-color photos that are sure to whet any appetite, *Comfort Food Fix* is the perfect cookbook for healthy eaters with healthy appetites. · Ellie Krieger is the host of the popular show *Healthy Appetite*, which airs on the *Cooking Channel*, and the author of the *New York Times* bestsellers *So Easy* and *The Food You Crave*. · The book features 150 delicious comfort food recipes that are lower in calories and fat than you would ever guess based on how great they taste · 50 lavish full-color photographs beautifully illustrate finished dishes When it comes to healthy cooking, Ellie Krieger is the chef you can trust. In *Comfort Food Fix*, she takes the guilt out of guilty pleasures. "This accessible, health-minded cookbook is a welcome resource in a burger and bacon-obsessed moment... Krieger's simple, time-conscious recipes with easy-to-find ingredients will satisfy sophisticated eaters and down-home palates alike."—*Publishers Weekly*

The Takeaway Secret is a book which will enable readers to cook their own tasty takeaway food at home. After over 5 years of research and investigation, the secret ingredients and cooking techniques used by takeaway and fast food restaurants can now finally be revealed. In today's increasingly health conscious and now financially cautious world, there's never been a better time to learn the secrets of cooking your own takeaway food at home. From now on, the takeaway menu will become an inspiration to cook, not an expensive option for dinner. Some of the recipes which can now be faithfully recreated at home include Lamb Donner and Chicken Kebabs, Chicken and Vegetable Pakora, Szechuan Chicken, Sweet and Sour Chicken, Chicken Wings, Spare Ribs, Triple-Decker Burgers, Chicken Burgers, Spiced Onions, Kebab Sauces, Sub Rolls, Wraps and many more. Many recipe books call for an extensive and expensive list of ingredients, often interesting to read but impractical for everyday cooking. *The Takeaway Secret* will stand out as the modern cookbook, ideal for a generation of people who desire delicious food, delivered quickly without the need to slave over a hot stove for hours on end. The recipes included make it possible for home cooks, both novice and professional, to recreate their favourite takeaway and fast food restaurant dishes in their own kitchen.

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