



## Healthy Helpings: 800 Fast and Fabulous Recipes for the Kosher (or Not) Cook

By Norene Gilletz

Whitecap Books. Paperback. Book Condition: New. Paperback. 432 pages. Dimensions: 8.8in. x 8.0in. x 1.4in. The one-stop recipe source for optimal health. A delicious, nutritious compilation of recipes that every health-conscious individual will savor! -- Lisa Drayer, Registered Dietitian  
Featuring 800 scrumptious and simple recipes with nutritional tips, an extensive pantry section and educational sidebars, Healthy Helpings is just right for embracing a lean lifestyle. These delicious, ethnically diverse recipes are perfect either for entertaining or as dishes the whole family will love. Simple enough for the beginner and sophisticated enough for a well-seasoned home chef, the recipes in Healthy Helpings are heart-healthy and smart carb-friendly choices that complement almost any diet. Here is a sampling of Norene's many choices for balanced eating: Broccoli and sweet potato soup Grilled tuna with mango salsa Passover pizza Mushroom risotto with sun-dried tomatoes Grilled orange teriyaki chicken Jumbleberry crisp Flourless fudge squares. Healthy Helpings is a great resource for weight watchers, cardiac patients, diabetics and anyone else with weight or health concerns. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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