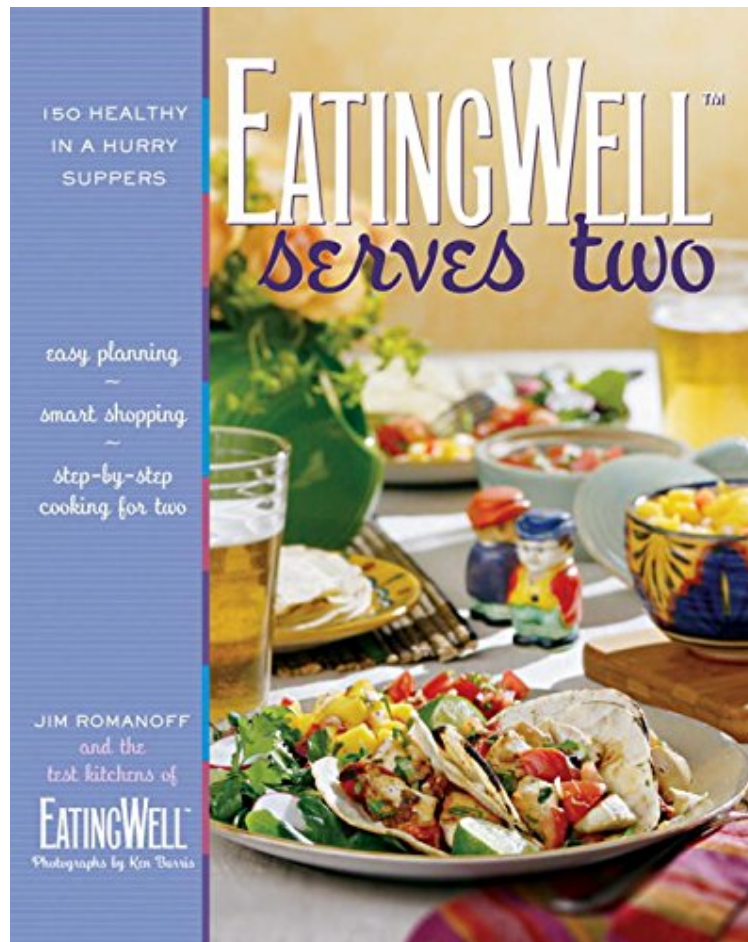


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EatingWell Serves Two: 150 Healthy in a Hurry Suppers

Jim Romanoff, The Editors of EatingWell
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Jim Romanoff, The Editors of EatingWell : EatingWell Serves Two: 150 Healthy in a Hurry Suppers before purchasing it in order to gauge whether or not it would be worth my time, and all praised EatingWell Serves Two: 150 Healthy in a Hurry Suppers:

3 of 3 people found the following review helpful. Got it to help my adult son avoid overeating. By seagull I've been an Eating Well fan ever since I subscribed to their original magazine years ago. I own several Eating Well cookbooks and have had great success with all their recipes. I think they achieve a good balance of offering recipes for interesting, healthy meals but without a lot of fuss and without ingredients that are too exotic, expensive, or hard to find. I got this book as a Christmas gift for my 22-year-old son who has been living on his own in his own apartment for two years now. He has really enjoyed planning and cooking his own meals, and with the freedom to make whatever he wants, has become something of a foodie. He enjoys poring over cookbooks, making his selections, and shopping for the ingredients. Problem is, he's been using cookbooks with recipes designed to serve a family. While it's convenient to have the leftovers, it's also tempting to eat too much when he is faced with a potful or panful of food. So he has put on

some weight as a result. I thought this book would be great for him because it only makes two servings-- enough for one person to either use for two meals, or to have seconds but no more. He is very excited about this cookbook and feels good that it will help him avoid overeating. He has seen a nutritionist and it's going to be easy for him to follow her guidelines using these recipes. Another great book from Eating Well. 4 of 4 people found the following review helpful. lovely photos and the recipes are easy to read and follow. By Alice Cooper's sister. The book itself is laid out very well, lovely photos and the recipes are easy to read and follow. Found the collected recipes all looked pretty tasty, and it was helpful that they give the nutritional information following each recipe. I have another cookbook in this series and use it often. This will be great when it's just my husband and myself sitting down for dinner. 5 of 5 people found the following review helpful. My absolute favorite cookbook! By Sarah. My husband and I got married last year. Both of us come from large families, and neither of us had ever really learned to cook for just two people. Needless to say, we ended up grossly overbuying our fresh ingredients and threw away a LOT of money in wasted food for the first part of our marriage. I got smart and bought this cookbook and seriously, life has changed. We haven't had a single recipe that isn't good! Especially when considering that the recipes are healthy and don't leave us with any leftovers, we use this cookbook at least 3 times a week. We are occasionally left with weird amounts of ingredients, but it's not usually an issue to get rid of them (we don't mind eating half a mango and can find a place to use half a can of black beans). We have started eating a lot healthier, had better portion control, and saved a ton of money since buying this cookbook. We buy it for all of our newlywed friends!

A fusion of simplicity, healthy ingredients and just-right quantities, these delicious, exciting new recipes are designed for today's growing world of empty-nesters, couples without children and smaller households. For millions of fast-paced, modern households, the old cookbook standard of "serves four" is increasingly outdated and a daily nuisance. With more than 77 million baby boomers adjusting to the Empty Nest Syndrome, and with their adult children setting up their own new homes, there is a mounting demand for quick, easy, healthy recipes yielding fewer servings. But cooking for two people or even singles isn't as simple as cutting a recipe in half. In *EatingWell Serves Two*, the award-winning editors and recipe developers for America's leading food and nutrition magazine have created 150 dinner recipes from their hugely popular "Healthy in a Hurry" and "Serves Two" columns to meet the specific needs of smaller households. More than a cookbook, *EatingWell Serves Two* provides a smart guide for how to shop in small quantities, how to store leftover ingredients, keep a well-stocked pantry and use easy cooking strategies that result in minimal waste while putting a healthy, delicious meal on the table in 45 minutes or less. Filled with mouthwatering photography and tips on shopping, planning and simple cooking for two with healthy ingredients and without waste. Full-color photographs throughout

From Publishers Weekly. An introduction covering the most basic of basics and dishes such as Tex-Mex Taco Salad might send serious home chefs in search of another book, but this straightforward, convenience- and health-driven volume has more gourmet gusto than readers might expect. And Romanoff, recipe developer for *EatingWell* magazine, provides recipes that make enough dinner for two people and can be prepared "in 45 minutes or less (under 30 minutes, in some cases)." Each recipe includes information on active time and total time to complete the dish and nutrition data; many have make-ahead instructions. Especially tempting options include Lamb, Fig Olive Stew; a dressed-up grilled cheese (Grilled Manchego with Spinach and Spicy Plum Chutney); Pomegranate Duck; Coffee Bean Peppercorn Steak; and quick desserts like Balsamic Vinegar-Spiked Strawberries, and Roasted Grapes. A section on sides such as Quick Cheese Grits and Avocado-Corn Salsa and suggested menus for a variety of occasions. New Year's Eve, a "hot date," pizza night. Make planning a healthy meal easy, even when time is limited. (Oct.) Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. About the Author. Jim Romanoff is the food editor and a longtime recipe developer for *EatingWell* Magazine, as well as editor of the highly acclaimed *EatingWell Healthy in a Hurry* Cookbook. He has worked for such diverse publications as *Woman's Day*, *Fresh Ideas*, *Rolling Stone*, *Us Magazine* and *Details*. The *EatingWell* Media Group is a fast-growing communications company producing an award-winning national consumer magazine, high-quality food- and nutrition-related books, a content-rich website, e-mail newsletters, and serving content to strategic partners with other electronic media.