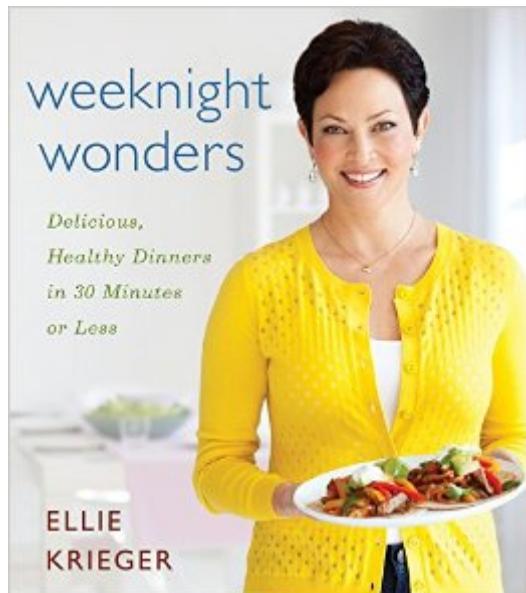


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Weeknight Wonders: Delicious, Healthy Dinners In 30 Minutes Or Less



Synopsis

Beloved Food Network and Cooking Channel star Ellie Krieger knows the secret to healthy eating:Â it has to be delicious. You won't eat right if you feel deprived.

WEEKNIGHTÂ WONDERSÂ offers 150 recipes for yourÂ favorite foods, as delicious as ever, yet magically reworked without allÂ the fat andÂ cholesterol. Each recipe can be prepared with minimal fuss and simple ingredients, even after a long day at work, in 30 minutes or less. From Parmesan Chicken Breasts and Goat Cheese Frittata (plus no-guiltÂ desserts),Â you can stay focused on eating well any day of the week.

Book Information

Hardcover: 304 pages

Publisher: Houghton Mifflin Harcourt; 1 edition (December 31, 2013)

Language: English

ISBN-10: 1118409493

ISBN-13: 978-1118409497

Product Dimensions: 1 x 7.8 x 9 inches

Shipping Weight: 2.5 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (121 customer reviews)

Best Sellers Rank: #14,292 in Books (See Top 100 in Books) #77 inÂ Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #108 inÂ Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

Customer Reviews

These recipes are exactly what I was hoping for -- AND HAVE BEEN SEARCHING FOR for a long time! They are simple, relatively few ingredients, healthy food, that can be prepared quickly.

Suddenly, making dinner after work seems easier and more desirable than picking food up from somewhere. I also love her format for the recipes. Rather than saying "1 onion, diced; 2 carrots, chopped..." etc., she just lists the ingredients and then puts the dicing and chopping part into the recipe instructions. Such as, "...while your pan is heating up, dice the onion..." Novel approach but it's perfect for the "30 minutes or less" format!

Ellie Krieger delivers an amazing cookbook, packed with delicious recipes, and easy to prepare. These mouth-watering, simple recipes are based on pure minimally processed ingredients, with time on your side. The author shares information on: The Pantry; Oils And Vinegars; Condiments;

Sauces; and other flavor boosters. In addition, there is information on Vegetables; Fruits; Fish; Beans; Broths; Sweeteners And Leaveners. The colorful photos of cooked meals are inviting. There are Healthy Shortcuts; A section on Nuts And Seeds; and much more. Information is also provided on Grains; In The Freezer; The Spice Rack; Fresh Steamed Vegetables; Poultry And Meat, and charts. Included by the author is information on Fast Lean Proteins; Simple Accompaniments, and Nutrition Facts. There are Starters And Side Salads; Main Course Salads; and a variety of delicious salads. We made the Celery, Radish And Herb Salad, and enjoyed it very much. There are also: Soups; Sandwiches; Burgers; Beef; Pork; Lamb; Chicken; Stew; Chili; Stir-fry; Pizza; One-pot Meals; Fish; Pasta; Vegetable Dishes, and Desserts. This is a fantastic addition to my cookbook collection. Highly recommended!

The last time that I bought a cookbook on-line, I swore that I would never ever buy another cookbook sight unseen. But, I'm SO glad I took a chance on this one!!! The recipes include healthy, wholesome, nutritious ingredients. They're simple, easy & quick to prepare. They're low in calories, sodium & saturated fats. And, they're satisfying & tasty, too!

I am really enjoying this cookbook. I have tried many of the recipes so far and haven't found one I didn't like. Since every recipe I've tried was delicious, I figured I'd try some veggies and foods I've never tasted before. I never had kale before (or I should really say that I didn't know what to do with it) so I made the Tuscan kale salad! Very delicious and kale can stand up to being premade and refrigerated very well, so it was super convenient to have a salad ready for a few days when I got home exhausted from work. The Napa cabbage with carrot ginger dressing was a hit since I've been trying to find a salad dressing that tastes like the ginger dressing you get in the Japanese restaurants. This is it!!!! But healthier! I've also made the Pasta Fagioli with Zucchini and that is one that I will be making often. So fulfilling and flavorful. The Shotgun wedding soup is on my to-be-made list since I love Italian wedding soup but other recipes take too long. My family and I also loved the Steak Fajitas, Rush-Hour chili, Penne with chicken, mushrooms and spinach (I could see serving this one to company) and my ultimate favorite was the Greek-style spinach rice. You will not be disappointed with this cookbook. Every recipe is explicitly explained so you won't have questions about preparation and each recipe is truly very close to 30 minutes or less. Since I am weight and health conscious, I like the break down of the nutrients and calories making it so easy to plug recipes into a Weight Watchers calculator to get point values. I'm having fun with this feel-good-about-food cookbook.

I received this book for Christmas, along with several other cookbooks. This one immediately caught my eye due to the beautiful pictures, the delicious-sounding recipes, the nutritional emphasis, and (to be honest) the quick prep times. I've only tried two things so far (the taco pizzas and the shotgun wedding soup), but they have both been fabulous! Both times, as I was making the recipes, I thought, this is way too simple to taste good...but both times, I was wrong. My three year old DEVoured the tacos pizzas..saying "Yum, Mommy. These are so good." the entire time. The shotgun wedding soup was the perfect flavorful weeknight soup. I could not be happier with the book. I plan to try many many more recipes. Many thanks to Ellie for making health eating attainable on chaotic weeknights! :)

I ordered this cookbook and just received it last week. It's a beautiful "keeper." Ellie's practical recipes inspire me to create some new dishes. Her Japanese recipes are especially intriguing.

I'm rating Weeknight Wonders with a 5 star rating as author Ellie Kruger has written a cookbook filled with healthy and delicious sounding recipes. Unfortunately most of the recipes contain an ingredient or two my picky family would not eat. I'd eat most of the recipes found in her cookbook as I'm not as picky. Some of the recipes you'll find in her cookbook include:Chicken Romesco (contains almonds so if you are allergic to nuts you might want to take a pass on this recipe)Shaved Brussels Sprout Salad with Hazelnuts and Dried Apricots (Another recipe with nuts)Columbian Chicken Soup with Corn, Potatoes, and PlantainsSteak FajitasKorean Beef and Broccoli Stir-FryLemon-Tarragon Chicken with Squash RibbonsAsian Chicken and Vegetables in Foil PacketsStovetop ClambakeAsparagus and Mozzarella Pizza (Vegetarian)Pizza "Strudel" You will find an interactive table of contents making navigation easy. You will also find lots of color photos and well-written directions. Recommend.MR

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