



Good Housekeeping Light & Healthy Cooking: 250 Delicious, Satisfying, Guilt-Free Recipes (Good Housekeeping Cookbooks)

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Great-tasting food and guilt-free eating pleasure: with this brand-new collection of 250 light, healthy, and delicious recipes from *Good Housekeeping*, you don't have to sacrifice flavor to eat right. From a scrumptious homey lasagna to a strawberry-rhubarb crisp you'll be proud to serve, all these dishes are family-friendly. Not only do the recipes incorporate healthful ingredients, and have 30 percent or fewer calories from fat, but many take less than a half-hour to complete. You'll even find slimmed-down versions of beloved comfort foods like burritos, burgers, pizza, pastas, and brownies. With invaluable tips on counting calories, understanding food labels, sensible shopping, and more, this cookbook makes eating well simple and satisfying.

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