



Everyday Food: Light: The Quickest and Easiest Recipes, All Under 500 Calories

Martha Stewart Living Magazine

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Cook what you want to eat, without all the fat

The editors of *Everyday Food* magazine know that it's not enough to get dinner on the table in a snap—it also has to be good for the whole family. *Everyday Food: Light* features delicious, healthful recipes, all under 500 calories. Organized seasonally so you can take advantage of the freshest ingredients, this book shows you how to quickly make your favorite dishes in a way that's light but nonetheless tempting.

Making simple adjustments to your weeknight arsenal is easy with the step-by-step instructions on cooking techniques (like stir-frying and roasting), kitchen tools to help cut down on calories (such as a steamer basket and a citrus zester), and great low- or no-fat flavor boosters (marinades, herbs, and spices). And each recipe is accompanied by a beautiful color photograph and nutritional information to keep you motivated all week long. Here are some of the recipes you'll find inside:

- Oven-Fried Chicken
- Saucy Shrimp and Grits
- Lighter Eggplant Parmesan
- Grilled Marinated Flank Steak
- Olive-Oil Mashed Potatoes
- Lighter Creamed Spinach
- Tomato Salad with Olives and Lemon Zest
- Light Chocolate-Chunk Brownies
- Pear and Berry Crisp
- Mini Mocha Cheesecakes

Tips throughout explain what makes these recipes light, whether by using simple substitutions (such as whole-wheat tortillas instead of pizza crust), smart ways to cut back on fat (topping fish with bread crumbs rather than coating it in batter), or healthy cooking methods (baking onion rings instead of frying them). You'll also find prep and cook times for each recipe, and plenty of one-pot meals that make great weeknight dinners for the whole family.

Staying on track for a healthy lifestyle doesn't have to mean relying on gimmicky diets or eating flavorless meals. With *Everyday Food: Light*, cooking fulfilling and tasty dinners has never been easier or more inspiring.



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Carlos Vickers:

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Jennifer Randolph:

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