



Healthy Small Plates

Kate Lerum Zeller

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Do you want to eat lighter? Healthier? Use more fresh, seasonal ingredients?

- Are you looking for easy recipes for appetizers or first courses?
- Are you thinking that a light lunch or simple supper a few times each week might be just the thing for your new eating plan?
- Healthy Small Plates has over 40 'from scratch' recipes for Soups and Salads to choose from.
- Add a baguette for a quick, lunch, combine two for an easy mid-week supper or lazy Sunday lunch.
- Serve one alone as an impressive (but easy) first course for your next dinner party.
- There are no long lists of hard-to-find ingredients or complex instructions... Cooking should be easy and fun.
- The flavors are those found in the cuisines from around the Mediterranean.
- There are suggestions with every recipe. The recipes are for two servings. They're easily doubled for four or tripled for six or halved for one.
- Is every recipe healthy?
- Mostly... When the plates are small one can add decadent bits and still enjoy without guilt. Have some fun...



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