



Betty Crocker's New Choices For Two (Betty Crocker Home Library)

Betty Crocker Editors

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Terrific Tastes Just for Two! Tailor Your Cooking to Your Concerns In New Choices for Two, recipes suited to your dietary needs are easy to find with these at-a-glance symbols: With 130 recipes created just for two, you'll find great ideas for eating right. Betty Crocker's New Choices for Two is perfect for any pair whether you're looking for healthier meals or want to change your eating habits for specific health reasons. It caters to every twosome, providing great dishes that are nutritious and delicious without the fuss of scaling down recipes meant for a crowd.

- Low Calorie
- Low Sodium
- Moderate Sodium
- Low Fat
- Moderate Fat
- Low Cholesterol
- Moderate Cholesterol
- High Fiber

Healthy Eating Doesn't Mean No More Tempting Meals or Tasty Snacks Rise and Shine Breakfasts:

- Sunflower Nut Oven French Toast
- Easy English Muffin Bread
- Blueberry Bran Muffins
- Peach Oven Pancake
- Broccoli Egg Bake

Two Meals from One:

- Peppered Pot Roast au Jus
- Honey Mustard Chicken
- Black Bean-Chicken Chili
- Barbecued Pepper-Beef Sandwiches

Sensational Salads, Sides and Snacks:

- Sweet Pepper Focaccia
- Italian Potato Fingers
- Asparagus Parmesan
- Cran-Apple Crisp
- Couscous Pilaf

Great New Ideas:

- Broiled Swordfish with Creamy Salsa
- Grilled Creole Pork and Peppers
- California Spud Lunch
- Dijon Tomato Pasta

- Stuffed Hot Chilies

Favorite Flavors:

- Beef and Onion Fajitas
- Oven Crisp Chicken
- Turkey Ham Puffs
- Cheese Enchiladas
- Italian Meatballs
- Vegetarian Chili



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