



# The Essential Eatingwell Cookbook: Good Carbs, Good Fats, Great Flavors

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**A James Beard Award finalist: "User-friendly recipes for people to take nutrition seriously."?Florence Fabricant, *The New York Times*.**

This long-awaited collection of more than 350 recipes represents favorites from *EatingWell: The Magazine of Food & Health* that have migrated to the top of an elite line of new and classic dishes now numbering well into the thousands. These are exciting new recipes that *EatingWell*'s own staff members take home at night alongside the time-tested winners that dedicated readers call and write to request over and over again. All are freshly updated, with improved nutritional analyses and an eye to today's fast-evolving nutritional guidelines. Within these pages you'll find clear, simple and often very quick recipes. You'll also find a unique Healthy Weight Loss Index that identifies which recipes fit into particular diet guidelines, rating them on overall health (calories, carbohydrates, and fats), fiber content, and which recipes best address the needs of those on low-carbohydrate weight-loss plans. Losing weight no longer has to mean sacrificing great tastes and fine dining.

- Good carbs: don't abandon the things your body needs and craves: whole grains, great-tasting vegetables and fruits
- Good fats: enhance your recipes and your family's health with the right fats and oils, while lowering saturated-fat content
- Great flavors: savor rich taste using trustworthy recipes and the secrets of award-winning cooks and the best tricks and techniques from *EatingWell*

Recipes include:

- Chicken Saute with Mango Sauce
- Updated Mac & Cheese
- Asian Stir-Fried Shrimp with Snow Peas
- Grilled Pork Chops with Rhubarb Chutney
- Pizza with White Beans, Prosciutto, and Rosemary
- Spring Vegetable Stew
- Fragrant Bulgur Pilaf with Toasted Almonds
- Grilled Vegetable Salad
- Sunday Sausage Strata
- Vegetarian Hot Pot
- Salmon with North African Flavors
- Blueberry Danish
- Fruit-Filled Crepes
- Double-Raspberry Souffles
- Lemon Almond Polenta Torta
- Chocolate-Hazlenut Cake
- Pineapple Upside-Down Muffins
- Mango Brulee

Learn the flavors, strategies, and insights to help you keep fit and stay healthy while never boring your

palate.

16 pages of color photographs

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