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Family Circle Healthy Family Dinners

By Family Circle Editors

Houghton Mifflin Harcourt Publishing Company. Paperback. Book Condition: new. BRAND NEW, Family Circle Healthy Family Dinners, Family Circle Editors, The cookbook that proves fast and tasty dinners can be healthy, too! Busy parents want to provide fast and healthy everyday meals for their families without giving up their favorite foods. In Healthy Family Dinners, the editors of Family Circle compile more than 200 mouthwatering yet good-for-you recipes of every kind--including main-dish salads, pasta, meat, poultry, fish, as well as vegetarian dishes, simple slow cooker favorites, and even desserts. 100 luscious full-color photos will whet any appetite while nutrition information and shopping tips help parents make smart food choices day-in and day-out. With no exotic or hard-to-find ingredients, these recipes are more than just nutritious, they're quick to the table, too. And at less than 500 calories per serving, Healthy Family Dinners will be a book you can turn to any night of the week. From Family Circle magazine, a trusted brand for almost 80 years with a circulation of almost 4 million readers Features more than 200 recipes offering tasty, healthy weeknight dinner options Includes more than 100 gorgeous full-color photos for dinnertime inspiration Nutrition information for every recipe For...



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