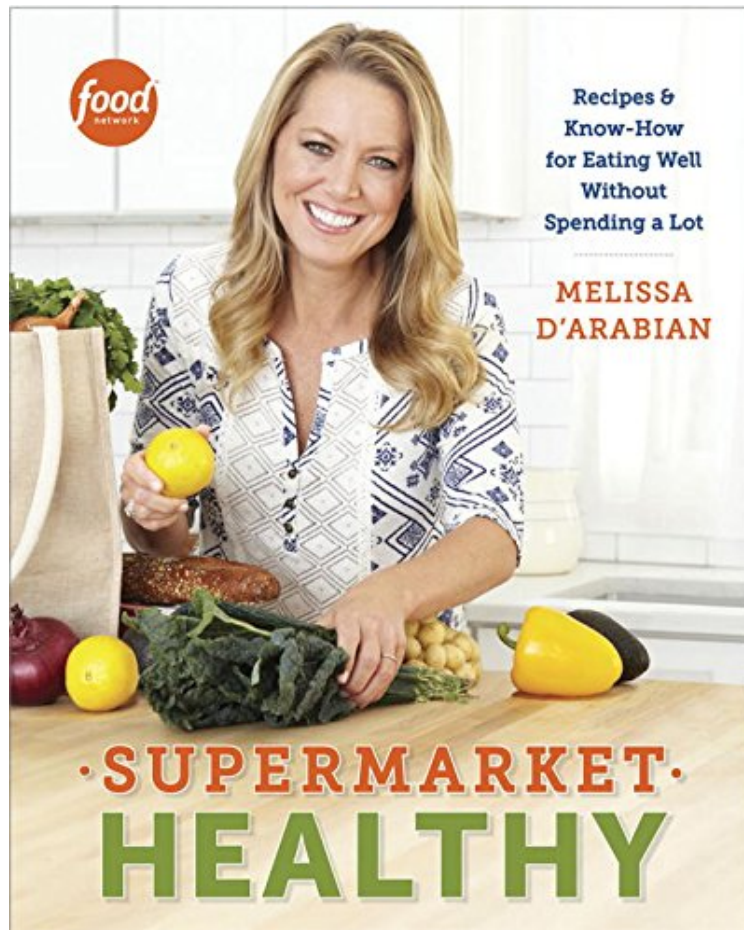


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Supermarket Healthy: Recipes and Know-How for Eating Well Without Spending a Lot

Melissa d'Arabian, Raquel Pelzel
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#62302 in Books Raquel Pelzel Melissa D arabian 2014-12-30 2014-12-30Original language:EnglishPDF #1 9.15 x .83 x 7.39l, .81 #File Name: 0307985172288 pagesSupermarket Healthy Recipes and Know How for Eating Well Without Spending a Lot | File size: 35.Mb

Melissa d'Arabian, Raquel Pelzel : Supermarket Healthy: Recipes and Know-How for Eating Well Without Spending a Lot before purchasing it in order to gage whether or not it would be worth my time, and all praised Supermarket Healthy: Recipes and Know-How for Eating Well Without Spending a Lot:

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Great book ~ very knowledgeable. Great chef yet the book recipes speak to any skill level of Cook!!! Lots of great tips as well as recipes!!! Great for budget minded families, who want to cook healthy!!!

Food Network star and New York Times bestselling author Melissa d'Arabian proves that healthy eating at home is easy, achievable, and affordable. Everyone wants to feel good about what they are eating, serving guests, and feeding their families, but most of us don't do our weekly shopping at pricey specialty stores--we do it at the local supermarket and we don't want it to break the bank. In her second book, Melissa demystifies the task of preparing nutritious and delicious food by showing exactly how you can make your grocery store work for you. She offers helpful strategies for shopping, cooking, and entertaining, as well as meal blueprints and nutritional information throughout. This book will make you confident about the food you're buying, preparing, and eating. Delicious recipes like Almond Waffles with Raspberry-Basil Sauce, Kale and White Bean Caesar Salad in a Jar, Slow-Roasted Tomato Spaghettini, Flatiron Steaks with Quick Cauliflower Kimchi, and Flourless Fudgy Dream Cookies have something for every type of eater at every meal of the day. No matter your favorite flavors or dietary needs, cooking on a budget is empowering--and now you can learn how to make every bite count. If cooking at home is the key to healthy living, Supermarket Healthy is the only tool you'll need.

About the Author
Melissa d'Arabian was a corporate finance executive before becoming the host of Food Network's Ten Dollar Dinners and Cooking Channel's Drop 5 Lbs with Good Housekeeping. She also developed the FoodNetwork.com series The Picky Eaters Project, serves as lead judge on Guy's Grocery Games, and is the author of the New York Times bestselling cookbook Ten Dollar Dinners. Melissa has an MBA from Georgetown University, and lives with her husband and their four daughters in San Diego.