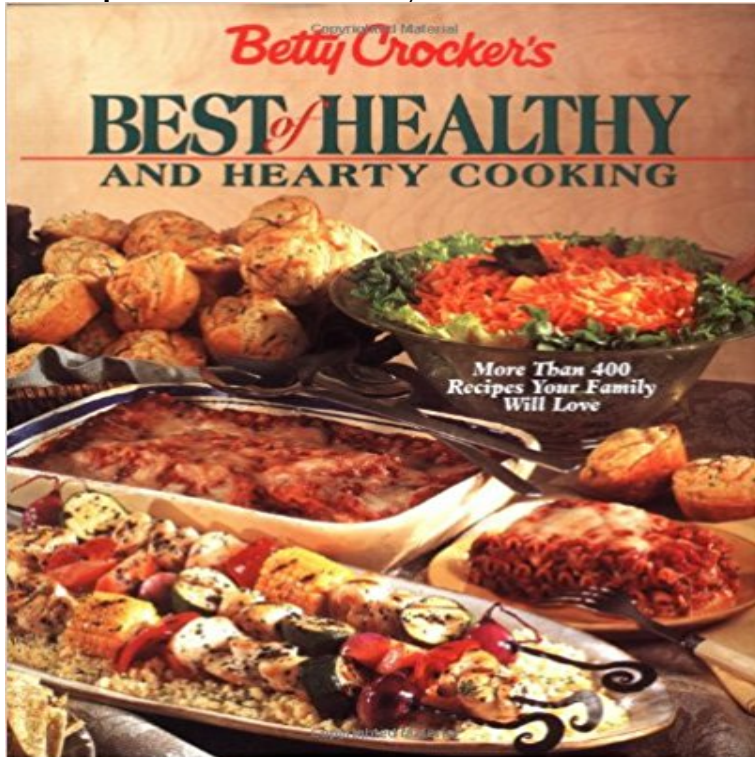


## Betty Crocker's Best of Healthy and Hearty Cooking: More Than 400 Recipes Your Family Will Love



Everyone knows they should be eating a healthy diet, following the Food Pyramid, reading nutrition labels and watching their fat and calorie intake, but sometimes it just seems too hard. How do you change the habits of life time, satisfy the whole family and not spend hours in the kitchen? With Betty Crocker. Betty Crocker has done all the work, creating recipes that are easy to use, and taste delicious. Afraid that your local supermarket won't have what you need? Not with Betty Crocker. The ingredients are easy to find, and the recipes deliver no-fail, no-fuss meals sure to please the whole family. You'll use the more than 400 delicious recipes every day, for every occasion. Looking for entertaining ideas? Try Lamb with Yogurt Mint Sauce, Tequila Chicken with Fettuccini or Peking Fish. Want a great dessert that fits into a healthy eating plan? Throw out the guilt and dig into Chocolate Cherry Cobbler, Streusel-Topped Pumpkin Pie or Mississippi Mud Bars. Just need something fast at the end of a long day? You'll love Skillet Calzones, Southwest Fajitas and Italian Chicken Stir-fry. Each main dish recipe has only 400 calories (or fewer) and 12 grams of fat (or fewer). There's also complete nutrition with each recipe so you can monitor calories, percentage of fat from calories, saturated fat, cholesterol, sodium, fiber and protein. Plus, there is a lot of great information to help you with your healthy eating goals. First you can learn about the changing nutritional needs of your family -- from toddlers to grandparents -- and how you can meet those needs effectively. Learn how to use the Food Pyramid to ensure good eating habits and how to read nutrition labels properly. Finally, try out the two weeks of menus to jump-start you into healthy eating -- everything is all planned for you. Ready to eat right without a lot of work? Then you'll want this book -- it's all so simple with Betty Crocker.

**Summary/Reviews: Betty Crockers best recipes of the year.** Representing its most thorough revision ever, the Betty Crocker Cookbook, 11th 400 additional recipes, and more to complement and enhance the cookbook . From setting up your first kitchen to entertaining family and friends, this .. My grandma learned all of her best recipes from here, I love cooking with this book. **Betty Crockers best of healthy and hearty cooking : more than 400** Betty Crockers Best of Healthy and Hearty Cooking: More Than 400 Recipes Your Family Will Love by Betty Crocker Editors Book has appearance of light use **Betty Crockers Best of Healthy and Hearty Cooking: More Than 400** Want to know our Editors picks for the best books of the month? The Ultimate Low-Calorie Book: More than 400 Light and Healthy Recipes for Every inspiring full-color photos, proving that healthy cooking can be hearty and delicious Betty Crocker The 300 Calorie Cookbook lets you fit your family favorites into the **Healthy Recipes: Hearty & Healthy Recipes By Betty Crocker - Cookn** Betty Crockers Best of Healthy and Hearty Cooking : More Than 400 Recipes Your Family Will Love by Betty Crocker. (Hardcover **500 Heart-Healthy Slow Cooker Recipes: Comfort Food Favorites** \$7.95 More than 500 great tasting easy recipes for eating right \*\*\*Get your free domain and free site builder\*\*\* [matched\_content] \*\*\*Get your free domain and free \$4.99 The Cookn Healthy & Hearty CD comes with mouth watering photos and over 400 delicious healthy recipes that your family will love. Best of fitness. **none** Yes, you can fit your favorite foods into a calorie-smart eating plan. this cookbook is a one-stop shop for the dishes your family will love. 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