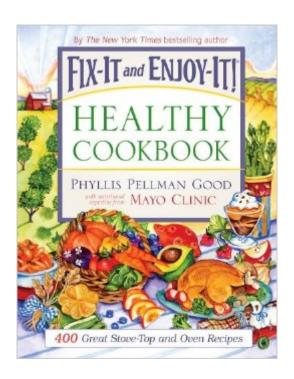
## The book was found

# Fix-It And Enjoy-It Healthy Cookbook: 400 Great Stove-Top And Oven Recipes





#### **Synopsis**

 Â Â Â Â Â Â Â Can you believe it? Great tasty recipes that are easy to prepare \$\pi\$151; and they're HEALTHY! Bring New York Times bestselling author Phyllis Pellman Good together with the prestigious Mayo Clinic, and that's what you have \$\#151; irresistibly tasty food that's easy to prepare and nutritious in the bargain! Just "fix it and enjoy it!" Â Â Â Â Â Â Â Â Â Â Fix-It and Enjoy-It Healthy Cookbook is packed with more than 400 recipes for stove-top and oven cooking. "I am dedicated to offering recipes that make it possible to eat at home, even if you don't have much time, or radiant cooking skills!" says Good. "Here are hundreds of 'make-it-again' recipes from great home cooks— with nutritional punch! "I am delighted to have teamed up with Mayo Clinic, whose dietitians have analyzed all the recipes for their nutritional value. Together, we've adapted the recipes to fit within Mayo Clinic's Healthy Weight Pyramid." Each delicious recipe includes Prep Time, Cooking/Baking Time, its own nutrient analysis, and its number of Pyramid servings. A treasury of more than 400 tasty, HEALTHY recipes! Enjoy it! Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. Weâ ™ve been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

## **Book Information**

Series: Fix-It and Enjoy-It!

Paperback: 284 pages

Publisher: Good Books (January 1, 2009)

Language: English

ISBN-10: 1561486418

ISBN-13: 978-1561486410

Product Dimensions: 9 x 0.7 x 7 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars Â See all reviews (100 customer reviews)

Best Sellers Rank: #71,362 in Books (See Top 100 in Books) #137 in Books > Cookbooks, Food

#### Customer Reviews

Hello...my name is Julie and I'm a cookbook addict. I absolutely adore cookbooks. I can spend hours looking through them. (That's not to say that I cook a lot of things out of them, but I do enjoy flipping through recipes.) Needless to say, when I saw that the Fix-It and Enjoy-It cookbook series had a new healthy cookbook out FIX-IT AND ENJOY-IT! HEALTHY COOKBOOK: 400 GREAT STOVE-TOP and OVEN RECIPES by Phyllis Pellman Good, I just knew I had to take a peek. If you are interested in a terrific cookbook with lots of healthy recipes, then you should definitely take a look at this one. There are so many yummy-sounding recipes that I made a huge list of recipes to try. I have to mention that almost all (if not all) of the recipes are very quick and easy to prepare which is a must for me since I'm always running my kids around during dinnertime. Since the cookbook is full of healthy recipes, I was thrilled to see that almost all of the ingredients are natural and easy to find -- yet not out of a box or can. And I love that there is nutritional information for every recipe which makes it easy to calculate Weight Watcher points (when I'm so inclined.) I think the beauty of this cookbook is that the recipes are healthy without being difficult to make. It's a perfect combination for busy mothers everywhere. We have been really busy lately so I haven't been trying a lot of new recipes the past few weeks, but I did want to try at least one before writing my review. I am a huge fan of baked oatmeal, and I thought it was pretty healthy. Well, the recipe my friend gave me has so much butter and cream in it that I would never knowingly eat it.

#### Download to continue reading...

Fix-It and Enjoy-It Healthy Cookbook: 400 Great Stove-Top And Oven Recipes 21 DAY FIX: 30 Top 21 DAY FIX RECIPES with complete container count PREP IN 15 MIN OR LESS (21 day fix recipes, 21 day fix cookbook, 21 day fix book) Fix-It and Enjoy-It Diabetic: Stove-Top And Oven Recipes-For Everyone! Our GreenPan Ceramic Cookware Cookbook: 99 Healthy Authentic Recipes for Your Non-Stick Fry Pan Thermolon Cookware (Easy Healthy Lifestyle Recipes for Smart Nutritious Stove Top Cooking Book 1) The Dutch Oven Cookbook: 25 Delicious Dutch Oven Recipes for your Dutch Oven Oven-Baked Meals Box Set (4 in 1): Discover Meals and Recipes You Can Make with Your Toaster Oven, Sheet Pan and Dutch Oven (Cozy Meals for Busy People) Dutch Oven Cooking: 30 Mouthwatering Dutch Oven, One Pot Recipes for Quick and Easy Campfire Meals (UPDATED) (Dutch Oven & Camp Cooking) Pressure Cooker Cookbook: 3 In 1 Box Set - 310 Mouth-Watering and Healthy Pressure Cooker Recipes for Stove Top and Electric Pressure Cookers (Pressure Cooker, Pressure Cooker Recipes) Healthy Bread Cookbook: The Top

50 Most Healthy and Delicious Bread Recipes (banana bread, bread pudding recipes, daily bread, zucchini bread, monkey bread ... bread maker) (Top 50 Healthy Recipes) Dutch Oven Dining: 60 Simple & #Delish Dutch Oven Recipes for the Great Outdoors (60 Super Recipes Book 24) Camping Cookbook: Camping Recipes Made Easy: 50 Recipes! Featuring Foil Packet Recipes, Dutch Oven Recipes, Campfire Grilling Recipes, and Campfire Cooking Recipes Cast Iron and Dutch Oven Cookbook Box Set (2 in 1): Over 60 Easy and Delicious Paleo Recipes Using Cast Iron Skillet and Dutch Oven (Crock Pot & Dump Dinner) The Ultimate Dutch Oven Cookbook: 25 Marvelous Dutch Oven Cooking Recipes for all Types of Cooks Dutch Oven Magic: An Easy to Follow Cookbook for Delicious Dutch Oven Recipes (Outdoor Cooking 2) Dutch Oven, Cast Iron and Stir-Fry Box Set (5 in 1): Easy and Delicious Dutch Oven, Flat Belly Cast Iron, Paleo, Wok Recipes (Creative Recipes & Camp Meals) Camping Cookbook 4 in 1 Book Set - Grilling Recipes (Vol. 1); Foil Packet Recipes (Vol. 2); Dutch Oven Recipes (Vol. 3) and: Camping Cookbook: Fun, Quick & Easy Campfire and Grilling Recipes (Vol 4) One-Pot Dump Dinners: Low Carb Soups, Dinners and Healthy Desserts for Your Dutch Oven with No-Mess and No-Stress (Dutch Oven & One Pot Cooking) Dutch oven: Dutch Oven Recipes for Amazing and Easy Meals Salads - Top 200 Salad Recipes Cookbook (Salads, Salads Recipes, Salads to go, Salad Cookbook, Salads Recipes Cookbook, Salads for Weight Loss, Salad Dressing Recipes, Salad Dressing, Fruit Salad) Top 30 Easy Vegan Slow Cooker Recipes For Busy Women: Amazing Vegan Recipes For Weight Loss And Healthy Eating: Slow Cooker, Slow Cooker Cookbook, Slow ... Cooker Recipes Cookbook For Busy Women 1)

<u>Dmca</u>