

HEALTHY COOK RECIPES



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This healthy lemon garlic butter salmon is a breeze to make and the method of cooking it all together in a foil pouch seals in moisture and keeps the sweet aroma intact. A no-fuss weeknight dinner with no clean up! Get the recipe

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Find healthy, delicious recipes and menu ideas from our test kitchen cooks and nutrition experts at EatingWell magazine. Learn how to make healthier food choices every day.

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Healthy Cooking Dinner Recipes Taste of Home

Get dinner recipes and main dish recipes from our Healthy Cooking Magazine. Scallops with Linguine A buttery

garlic sauce zips up a bowlful of linguine, bay scallops and veggies.

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Healthy Dinner Recipes EatingWell

Healthy dinners that fit in one bowl are quick and convenient. These easy recipes are complete meals and layer everything you could want for a healthy dinner: vegetables, whole grains or a starch, and a tasty portion of protein.

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Quick and Easy Recipes Have a Healthy Meal on the Table

With five ingredients and 10 minutes, dinner is ready. Cooking the broccoli with a Parmesan rind infuses cheesy flavor into every spoonful, and a touch of soy adds umami that savory something that you can't quite describe but taste hints of (in a good way).

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30 Easy Salmon Recipes From Baked to Grilled How to

Cooking fish doesn't have to be difficult. Proof: These simple and delicious recipes for the ultimate heart-healthy meal. (Don't worry, we go way beyond the plain ol' grilled stuff.)

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