



## Everyday Food: Light: The Quickest and Easiest Recipes, All Under 500 Calories

By Martha Stewart Living Magazine

Random House USA Inc, United States, 2012. Paperback. Book Condition: New. 231 x 188 mm. Language: English . Brand New Book. Cook what you want to eat, without all the fat The editors of Everyday Food magazine know that it s not enough to get dinner on the table in a snap--it also has to be good for the whole family. Everyday Food: Light features delicious, healthful recipes, all under 500 calories. Organized seasonally so you can take advantage of the freshest ingredients, this book shows you how to quickly make your favorite dishes in a way that s light but nonetheless tempting. Making simple adjustments to your weeknight arsenal is easy with the step-by-step instructions on cooking techniques (like stir-frying and roasting), kitchen tools to help cut down on calories (such as a steamer basket and a citrus zester), and great low- or no-fat flavor boosters (marinades, herbs, and spices). And each recipe is accompanied by a beautiful color photograph and nutritional information to keep you motivated all week long. Here are some of the recipes you ll find inside: - Oven-Fried Chicken - Saucy Shrimp and Grits - Lighter Eggplant Parmesan - Grilled Marinated Flank Steak - Olive-Oil...



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