

500 recipes for dinners & supper parties.

Hamlyn - 7



Description: -
-500 recipes for dinners & supper parties.
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Notes: Previous ed.1966.
This edition was published in 1971



Filesize: 45.96 MB

Tags: #500 #Calorie #Dinner #Recipes #That #Are #Filling

500 Calorie Dinner Recipes That Are Filling

Add to that spicy buffalo chicken, sauteed veggies and cheese, and you've got a delish all-in-one meal. In this Mediterranean-inspired dinner recipe, a herb-infused dressing coats fresh vegetables, which roast alongside salmon on a single sheet pan.

500 Calorie Dinner Recipes That Are Filling

Pile the brisket into warmed corn tortillas, with lettuce, the jalapeños, cheese and avocado salsa for a healthy dinner that'll wake up your taco night routine. Look for Lee Kum Kee Premium oyster-flavored sauce in the Asian-foods aisle of your grocery store. This veggie version combines mushrooms, bell peppers, herbs, and tomato sauce for a richly flavored pasta bake.

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To make this 20-minute vegan curry even faster, buy precut veggies from the salad bar at the grocery store. Instead, this recipe starts with a homemade roasted chicken stock, which will lend loads of flavor, not to mention essential amino acids.

7

Source: EatingWell Magazine, September 2019 Strands of tender squash replace pasta for a more flavorful version of spaghetti pie casserole. If you want to make this recipe vegetarian, swap sliced mushrooms for the steak.

500 Dinner Recipes

Either way, you don't have to be on a low-carb diet to love this 30-minute dinner. This baked spaghetti squash has all of the flavor and texture of pasta without the pesky carbs. Thread it onto skewers with colorful veggies and marinate for up to eight hours before cooking on the grill or over your campfire.

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