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KewlBites: 100 Nutritious, Delicious, and Family-Friendly Dishes

By Reed Alexander

Rodale Press. Paperback. Book Condition: New. Paperback. 224 pages. Dimensions: 8.8in. x 7.5in. x 0.6in. As a busy teen star, Reed Alexander's life is a balancing act. Several years ago, as he juggled career commitments and school, he lost sight of how to eat right, became overweight, and as a result, was exhausted and lethargic. Too tired to keep up with his hectic schedule, he decided to reclaim his health by changing his diet. A can-do guy, his first step was to learn how to cook for himself. Unable to find any recipes suited to a teenager's tastes, he rolled up his sleeves and set to work in his kitchen, developing healthy versions of the foods he loves. Along the way, he became a dedicated cook, sharing his culinary discoveries with his fans and friends on his Web site, KewlBites.com. Since then, Alexander has gained a cultlike following of both teen cooks and their parents. Inspired by the number of lives he has touched, Alexander has created 100 slimmed down, kid-tested, mother-approved alternatives for the foods teens love. In KewlBites(TM), Reed Alexander improves the health profile of such standard teen fare as sliders, chips, chicken fingers, tacos and fries, and...



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