

[Mobile book] Slim and Scrumptious: More Than 75 Delicious, Healthy Meals Your Family Will Love
[Paperback]

Slim and Scrumptious: More Than 75 Delicious, Healthy Meals Your Family Will Love [Paperback]

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#14906482 in Books 2009PDF # 2 #File Name: B005FGBBYS | File size: 42.Mb

: Slim and Scrumptious: More Than 75 Delicious, Healthy Meals Your Family Will Love [Paperback] before purchasing it in order to gage whether or not it would be worth my time, and all praised Slim and Scrumptious: More Than 75 Delicious, Healthy Meals Your Family Will Love [Paperback]:

34 of 35 people found the following review helpful. Healthy meals for your entire family.By K. MarshallI decided to try this cookbook after viewing Joy's segment on the Today show. I have to admit I was tired of cooking healthy boring meals for me, and then cooking something else for the family as they were sick of my "healthy meals". I was definately stuck in a rut, and to be honest I figured there were only so many ways to cook healthy, and I'm not that adventurous when it comes to cooking.I have only had this book for a week and I can't wait to try all the recipes. The 3 I have cooked so far (Beef and Bell Pepper, Turkey Meatballs and AJ's Mac n Cheesy) have been a huge hit, not only with me, but my family. They have been pouring over the pages and fighting over what they want me to make next. Finally, meals I can cook that are not only healthy but tasty enough that everyone in my family will eat them. No more cooking something for me and then something else for them. This is HUGE!! Joy, thanks for making it enjoyable, easy and most importantly healthy.0 of 0 people found the following review helpful. Five StarsBy PacoSuper tasty recipes I recommend this book thanks0 of 0 people found the following review helpful. Easy, Fresh and Delicious!!!By Sigrid J BiddleI too viewed the Today Show segment with Joy introducing her new cookbook.Since making my purchase I've cooked:**The Chicken Fettuccine Alfradeo with Sun-dried Tomatoes (pg 88)**The Italian Chicken and Sausage Stew

(pg 68). Yummmm! Both are easy to assemble and taste delicious. I had tons leftover (there are just two of us) and both recipes freeze just fine.**The Creamed Spinached recipe (pg 185) is the only way I can get spinach into my husbands diet. It's now a side dish at least a once a week.**I was intrigued by the Crispy Kale recipe (pg 177). I admit I used foil on the cookie-sheet, (A NO-NO) this resulted in the kale starting to BURN at 8 minutes. I was amazed with the lite-airy texture of the kale. Each piece melted in my mouth. I do think kale is an acquired taste. I'll try the recipe again without the foil."Slim and Scrumptious" will be my primary "girlfriend" Christmas gift this season. Many thanks Joy, for creating this wonderful, healthy, easy cookbook.