



The Best and Lightest: 150 Healthy Recipes for Breakfast, Lunch and Dinner

Editors of Food Network Magazine

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Healthy Recipes That Taste Anything But!

Using clever cooking techniques and ingredient swaps, *Food Network Magazine's* test kitchen chefs have lightened up all the foods you crave. Each crowd-pleasing dish comes in under 500 calories with satisfying—not tiny—portions. With a visual table of contents—complete with icons that indicate vegan, vegetarian and gluten-free dishes—you can quickly find meal ideas for any diet. Plus, each recipe appears with nutritional information and a beautiful photograph, making eating right surprisingly simple and totally fun.

Take a look at what's inside:

Polenta with Fontina and Eggs

Spiced Burgers with Cucumber Yogurt

Potato-Leek Soup with Bacon

Shrimp and Kale Pitas

Spicy Chicken Enchiladas

Chile-Rubbed Steak with Creamed Corn

Three-Cheese Macaroni

Banana-Almond Pudding

Strawberry Corn Cakes

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