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1,000 Low-Calorie Recipes (1,000 Recipes)

Jackie Newgent

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1,000 Low-Calorie Recipes (1,000 Recipes) Jackie Newgent
An unmatched collection of delicious low-calorie recipes from the award-winning *1,000 Recipes* series

This incredible cookbook is packed with tasty, low-calorie recipes that the whole family will love. The recipes cover every meal of the day and give home cooks an unparalleled variety of meals and ideas for eating healthfully—for a lifetime. Every recipe clocks in at less than 500 calories, but most are no more than 300 calories per serving. They're easy to make and take the guesswork out of portion control and calorie counting. Recipes include complete nutrition information, and full menus help home cooks maintain a balanced eating approach—naturally.

1,000 Low-Calorie Recipes covers finger foods and snacks; salads and soups; meat, poultry, fish, and vegetarian entrees; breads and muffins; and yes, even desserts and cocktails. You'll find rustic comfort foods like Five-Spice Turkey Chili, favorites like Pizza Margherita, main courses like Tart Apple-Stuffed Pork Loin, plus innovative recipes that will intrigue and satisfy you, like Caprese Salad Lasagna, Five-Spice Yam Frites, Brooklyn Lager Baked Beans, Homemade Pretzel Puffs, Fudgy Superfood Brownies, and Chocolate Mint Almond-tini.

- Written by Jackie Newgent, a well-respected Registered Dietitian and cookbook author who writes for and is interviewed by national media, such as The Dr. Oz Show, *Cooking Light*, *Health*, and *Redbook*, among others
- Includes clever advice on stocking a low-calorie pantry, maintaining a healthy weight, diet-friendly cooking, nutritious ingredient substitutions, full menus, and more
- Features ingredients that are fresh and flavorful, keeping with Jackie Newgent's "real foods" philosophy: nothing is artificial

Whether you're following a particular diet or just want a single go-to guide for nutritious family meals, *1,000 Low-Calorie Recipes* is the ultimate resource.

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