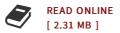# Eat What You Love: Quick Easy

By Marlene Koch

Running Press. Hardcover. Condition: New. 304 pages. What if you were told that the foods you love could be made easier, faster, and better for you - and still taste greatWell, leave it to magician in the kitchen Marlene Koch to deliver just that! With Eat What You Love: Quick and Easy she delivers her best (and most effortless!) collection of recipes yet. From fast-fix foil packs and simple sheet pan suppers, to fuss-free slow cookery, brilliant broiled meals, one bowl baking, and creamy ice-box treats, youll find 175 delicious crave-worthy recipes that minimize ingredients and cooking time - but maximize great taste. All low in sugar, fat, and calories!With recipes that are better-for-you AND better tasting, youll discover: -Easy and power-charged breakfasts that can be made in minutes, or made ahead. -Fuss-free appetizers that will impress your guests. -Sensationally slimming yet hearty soups, streamlined to take just minutes to prepare!-Fast-fix salads and sandwiches like Nacho Chip Taco Salad and Applebees-inspired Quesadilla Burger. -Plenty of get-them-on-the-table-fast family dinners. -Restaurant-inspired, carb-conscious pasta and pizza dishes, perfect for any weeknight. - Dozens of delectable desserts including 4-ingredient cookies and 15-minute pies. This item ships from multiple locations. Your book may arrive from Roseburg,OR,...

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