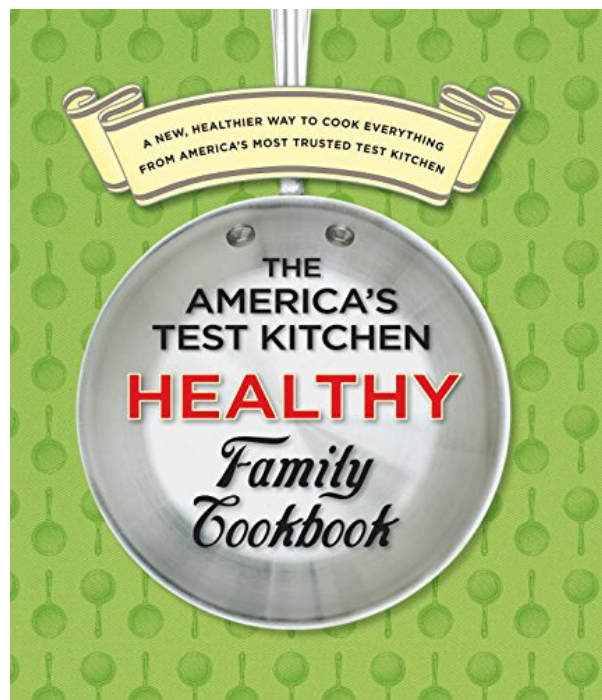
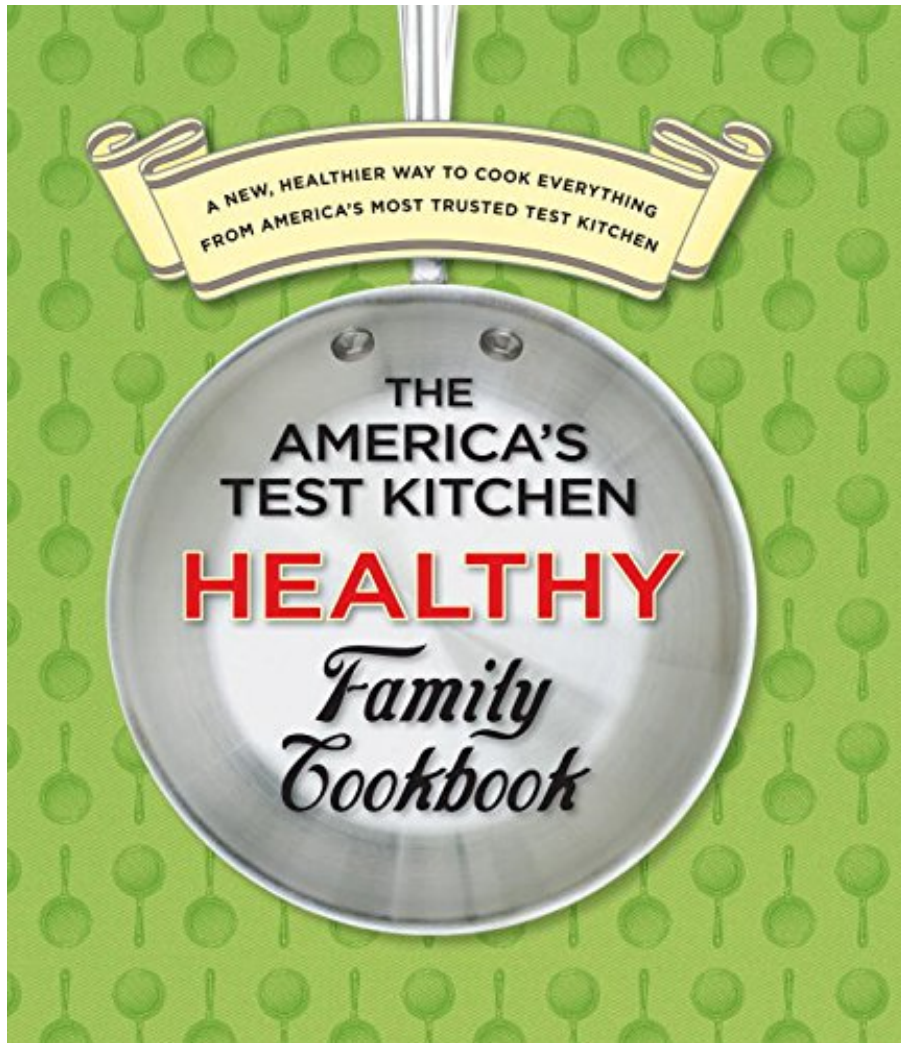


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About the Author

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THE AMERICA'S TEST KITCHEN HEALTHY FAMILY COOKBOOK: A NEW, HEALTHIER WAY TO COOK EVERYTHING FROM AMERICA'S MOST TRUSTED TEST KITCHEN FROM PDF

A groundbreaking addition to our best-selling ringbound cookbook series, this all-purpose cookbook delivers 800 foolproof recipes for healthier everyday fare from breakfast dishes and appetizers to pasta, meat, chicken, kid-friendly favorites, desserts, and more. With this comprehensive cookbook in your kitchen, eating well will no longer be a chore. Here we offer up all-American, homestyle recipes that won't leave you hungry from multigrain pancakes, lowfat spaghetti and meatballs, Tex-Mex meatloaf, skillet pizzas, hearty beef and vegetable stew, and creamy lowfat spinach lasagna to rich-tasting scalloped potatoes, fudgy brownies, rustic apple tart, carrot cake, and lots of simple fruit desserts. Here you'll also find naturally lean recipes like our Spa Chicken and Lemony Steamed Spa Fish as well as healthy vegetable and grain classics and an entire chapter of vegetarian main dishes.

Cook from this volume and you'll learn tips and techniques that will forever alter the way you cook. Banish fried foods but still serve crispy chicken fingers, eggplant Parmesan, and oven-fried fish with our simple tricks (we toast the bread crumbs for that fried flavor). And learn to incorporate more vegetables and whole grains into all sorts of everyday dishes with easy recipes such as Hearty Ten Vegetable Stew, Chicken Baked in Foil with Fennel, Carrots, and Orange, Stuffed Acorn Squash with Barley, Multigrain Pizza Dough, Fusilli with Kale and White Beans, and Barley Risotto with Roasted Butternut Squash.

And while we kept our eye on the bottom-line nutritional, we also focused on using healthy ingredients too, so while some recipes might be a little higher in fat and calories, that is because they use nutritionally valuable foods like salmon, avocados, nuts, and seeds (and more). We also relied on many lower-fat ingredients here and we tell you which ones really measure up from ricotta and cream cheese to cheddar cheese, mayonnaise, and sour cream. Which one you choose and when you use it can make a big difference in your final dish. With this book in hand, home cooks everywhere will be able to make simple changes in how they shop, eat, and cook changes that will deliver a big payoff to their family's health.

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Features

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About the Author

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2 of 2 people found the following review helpful.

We haven't had a miss yet!

By Compwalla

Bought this cookbook on the recommendation of many people even though I normally pull recipes off the internet. As a family, we've tried about a dozen of the dinner recipes and every single one has been a big hit with the whole family. I do have to plan ahead when I shop because many of the recipes use ingredients I don't normally keep in stock but the main reason I bought this cookbook is to push us out of the dinner rut we have been in -- the same ten or fifteen dinners over and over -- so it make sense that we have to buy ingredients we don't normally buy. That was the whole point for us! I love that the dinners incorporate so many vegetables, that they are mostly kid-friendly (even the recipes not marked as such) and that the instructions are crystal-clear. My significant other is not quite as confident in the kitchen as I am and the clear directions make it easy for him to handle the dishes on his own.

We will definitely being putting a lot more dinners into our rotation now.

2 of 2 people found the following review helpful.

Recipes and explanations are very good. Pictures and charts are very good

By T. P. Matecki

Recipes and explanations are very good. Pictures and charts are very good. Covers a wide variety of food types and meals. To improve it, I would provide a chart showing prep times and cook times for each recipe in each section. Additionally, I would also provide charts for recipes by season and/or in season produce. Also, wouldn't be a bad idea to include suggested menus based on flavor compatibility and cook times.

3 of 3 people found the following review helpful.

love ATK, even the healthy cookbook

By S. Toliver

I own probably a dozen ATK cookbooks, so if I was ever going to try a "healthy" cookbook, this one was the brand I knew I could trust most. Some really fantastic recipes in here. I'm more of a traditional southern/Texan style cook, so the recipes have to be flavorful and well done, even healthy versions, or they won't pass the test in our family. I have to admit that I was a little hesitant to add mustard and orange juice in the skillet chicken fajitas, but I knew that it would be our best place to start as a test for whether or not this cookbook would be a keeper. And to our Tex-Mex loving palates, we were all pleasantly surprised as to how much we loved it and that it was as good as any we've ever had in a restaurant or made at home. We've also loved the shepherd's pie and chicken parmesan. The peanut butter cookies, did not make a good impression though. Excited to try more recipes and see what will make it into our "loved" pile.

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