



Weeknight Wonders: Delicious, Healthy Dinners in 30 Minutes or Less

By Ellie Krieger



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Beloved Food Network and Cooking Channel star Ellie Krieger knows the secret to healthy eating: it has to be delicious. You won't eat right if you feel deprived. WEEKNIGHT WONDERS offers 150 recipes for your favorite foods, as delicious as ever, yet magically reworked without all the fat and cholesterol. Each recipe can be prepared with minimal fuss and simple ingredients, even after a long day at work, in 30 minutes or less. From Parmesan Chicken Breasts and Goat Cheese Frittata (plus no-guilt desserts), you can stay focused on eating well any day of the week.

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Editorial Review

Amazon.com Review

Featured Recipes from *Weeknight Wonders*



Download the recipe for Parmesan Crusted Chicken Breast



Download the recipe for Penne with Grape Tomatoes, Spinach, and Toasted Garlic



Download the recipe for Pork Tenderloin with Fennel and Grapes

Review

“We all need a break, but we also deserve good, nutritious food. This is what you get with the fast, diverse recipes in WEEKNIGHT WONDERS.”

—**Jacques Pepin**, cookbook author and PBS-TV cooking series host

“Ellie proves over and over that healthy is delicious. In WEEKNIGHT WONDERS, she proves it can be fast, too!”

—**Melissa d’Arabian**, Food Network star, author, and mom of 4

“Krieger, a registered dietician, and host of the Food Network’s Healthy Appetite, maintains that “there is no need to deprive yourself or go to extremes to be healthy... balance is the key.” She suggests time-saving shortcuts, like using prewashed greens or canned or frozen foods, but avoids highly processed ingredients and artificial additives, and focuses on common and easy-to-find ingredients...**Krieger delivers on her promise—the recipes are fast and fresh.**”

—*Publishers Weekly*

About the Author

New York Times best-selling author and registered dietitian ELLIE KRIEGER was the host of Food Network’s *Healthy Appetite*, which also aired on the Cooking Channel. She regularly contributes to CNN and *USA Today*, and appears often on national morning shows.

Users Review

From reader reviews:

Jerry Osbourne:

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