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Everyday Food Light The Quickest

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'Martha Stewart's Everyday Light' features delicious, low-fat recipes that are made with accessible ingredients, and each recipe is accompanied by beautiful colour photography to keep you inspired and cooking light every day of the week. The recipes, which are organised seasonally, include salads, soups, stews, main courses, easy sides, desserts, and more

Everyday food light : the quickest and easiest recipes ...

Here are some of the recipes you'll find inside: • Oven-Fried Chicken • Saucy Shrimp and Grits • Lighter Eggplant Parmesan • Grilled Marinated Flank Steak • Olive-Oil Mashed Potatoes • Lighter Creamed Spinach • Tomato Salad with Olives and Lemon Zest • Light Chocolate-Chunk Brownies • Pear and Berry Crisp • Mini Mocha Cheesecakes Tips throughout explain what makes these recipes light, whether by using simple substitutions (such as whole-wheat tortillas instead of pizza ...

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from Everyday Food Light: The Quickest and Easiest Recipes, All Under 500 Calories Everyday Food Light by Martha Stewart Living Magazine. Categories: Quick / easy; Salads; Main course; Winter; American; Low calorie. Ingredients: corn tortillas; chile powder; limes; shrimp; Parmesan cheese; canned anchovies; romaine lettuce.

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