



Recipe Rehab: 80 Delicious Recipes That Slash the Fat, Not the Flavor

Everyday Health, JoAnn Cianciulli, M.S., R.D., Maureen Namkoong

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The companion book to the popular TV show, *Recipe Rehab* offers delicious and healthy makeovers of your favorite foods.

First it was a hit YouTube show from Everyday Health; then it was a popular broadcast TV show; and now, *Recipe Rehab* is finally a cookbook!

In *Recipe Rehab*, you'll discover 80 rehabbed classics from TV chefs such as Spike Mendelsohn, Candice Kumai, and Aida Mollenkamp.

Indulge in all of the foods you love to eat—from Mexican food such as tacos and nachos, to Chinese take-out favorites, satisfying burgers, and carb-lovers pasta picks. These over-the-top dishes have all been transformed into meals that are healthy for the whole family, and simple for the busy home cook.

In *Recipe Rehab* you'll find recipes for breakfast, lunch, and dinner, and even appetizers, snacks, and desserts—plus tips for rehabbing your own family recipes.

With nutritious kid-friendly dishes such as Chicken Drumsticks and Fish and Chips; party-worthy snacks that range from Prosciutto-Wrapped Figs to Creamy Kale and Artichoke Dip; and decadent desserts, like chocolate cupcakes and Pumpkin Bars with Cream Cheese Frosting; *Recipe Rehab* is sure to become a staple in your kitchen.

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Todd Jacob:

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Cynthia Caron:

Spent a free a chance to be fun activity to complete! A lot of people spent their sparetime with their family, or their very own friends. Usually they carrying out activity like watching television, going to beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your current free time/ holiday? Might be reading a book can be option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to try look for book, may be the book untitled Recipe Rehab: 80 Delicious Recipes That Slash the Fat, Not the Flavor can be very good book to read. May be it might be best activity to you.

Diane Lomas:

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