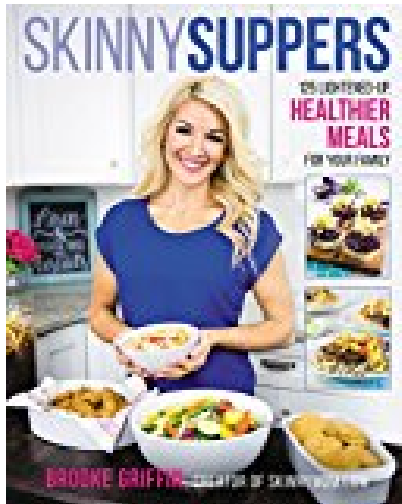


# Skinny Suppers 125 Lightened-Up Healthier Meals for Your Family

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## BOOK DETAILS

- Author : Brooke Griffin
- Pages : 320 Pages
- Publisher : William Morrow Cookbooks
- Language : English
- ISBN : 0062419153

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## BOOK SYNOPSIS

Serve up guilt-free, flavor-filled recipes every night of the week! Millions of loyal readers look to Brooke Griffin's popular Skinny Mom website for her special brand of skinny recipes, simple meal-planning techniques, and time-saving grocery lists. In her debut cookbook, *Skinny Suppers*, Griffin is on a mission to help you make smart, healthier choices and cook stress-proof, hearty meals for your family to enjoy around the dinner table. What's on the menu? 125 suppers and sides (including 25 fan favorites) like Philly Cheesesteak Stuffed Peppers, Supreme Pizza Pasta Casserole, Un-Sloppy Janes, and Loaded Nacho Soup. These are recipes you can feel good about—they're satisfying, lower in fat and calories, and, most important, delicious! Plus, most are under 350 calories per serving and take less than 30 minutes from prep to table. Let's get cooking! *Skinny Suppers* makes it easy with:

- Easy-to-find ingredients
- A "month of suppers" meal-planning calendar
- Twice as Nice recipes you can cook once and eat twice
- Slow-cooker and one-pot meals to save time and money

You, the busy home cook with no time to spare, will find reliable recipes and tips, inspiration and ideas, encouragement and excitement throughout this cookbook. Filled with photos, easy step-by-step instructions, and nutritional information, *Skinny Suppers* is the first step to getting your family back around the table for supper!

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