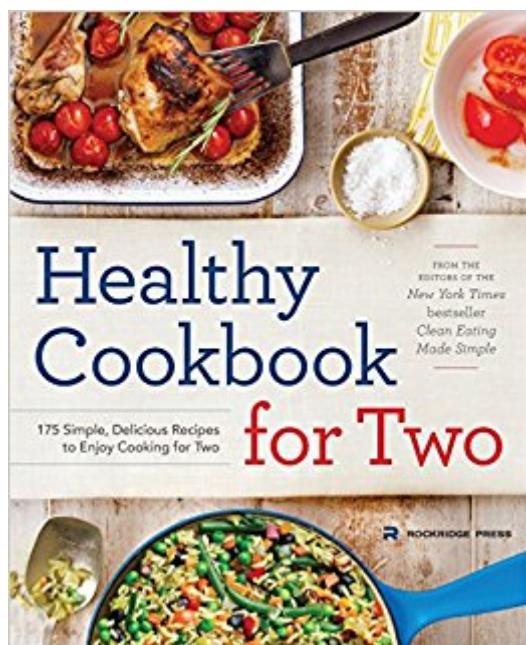


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Healthy Cookbook For Two: 175 Simple, Delicious Recipes To Enjoy Cooking For Two



Synopsis

The Healthy Cookbook for Two: Your go-to guide for healthy meals when time is the only ingredient you're missing. Wholesome cooking for two can seem next to impossible to do—but sitting down to the table isn't just for special occasions. The Healthy Cookbook for Two practically sets the table for you with fast and flavorful meals that won't break your budget. Whether it's grocery shopping, figuring out proportions, or just leaving the right amount of leftovers in the fridge, The Healthy Cookbook for Two gives you back the time you need to enjoy nourishing home-cooked meals, even on your busiest days. The Healthy Cookbook for Two includes: 175 Deliciously Quick Recipes: classic recipes complete with detailed nutritional information and side pairing suggestions so that you ditch delivery for good Meal Plan Guidelines: advice on how to plan for stress-free meals 10 Shopping Tips: to make the most of your grocery list and your budget The Healthy Cookbook for Two brings you recipes such as: Couscous Avocado Salad, Classic Minestrone, Oven-baked Fish and Chips, Chicken Cacciatore, Juicy Lamb Burgers, and much more! Get cooking with The Healthy Cookbook for Two and learn how easy it can be to coordinate your meals and schedules for a healthy lifestyle.

Book Information

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Customer Reviews

[View larger](#) Tomato Basil Pizza Pizza is often the ultimate casual indulgence dripping with cheese and stacked high with cured meats. This vegetarian version is quite elegant looking and light on the arteries. It is also an incredibly quick meal if you use a premade crust rather than

kneading and rising your own dough. The crust used in this recipe is not a ball of dough, but rather something that looks like a huge pita bread. These crusts are often sold with a handy packet of prepared pizza sauce in the packaging. These sauces are often very high in sodium and sugar so should probably be tossed aside in favor of healthier options. Make Ahead 30 minutes Prep Time: 10 minutes / Cook Time: 5 minutes One-pot Serves 2

Ingredients -(8-inch) prepared pizza crust. -Non-stick cooking spray. -2 tablespoons homemade or prepared basil pesto. -1 tomato, sliced thinly. -2 tablespoons chopped fresh basil or 3 tablespoons dried basil. -Pinch red chili flakes. - $\frac{1}{2}$ cup shredded fresh reduced fat mozzarella cheese.

Instructions 1. Move a rack in the oven to halfway down and preheat the oven to broil. 2. Place the crust on a baking sheet and lightly spray the edges of the crust with oil. 3. Spread the pesto on the crust so that it covers the whole surface except for $\frac{1}{2}$ -inch around the edges. 4. Arrange the tomato slices on the pizza in concentric circles with overlap. 5. Sprinkle the basil and chili flakes all over the tomato. 6. Sprinkle the cheese evenly over the basil. 7. Place the pizza in the oven and broil until the crust is crispy, and the cheese is melted, about five minutes. 8. Cut the pizza into four slices and serve two slices per person. Tip: The entire pizza can be put together ahead and stored until you want to eat. You can also use a favorite pizza crust recipe if you wish for this recipe but adjust the cooking time to compensate for using raw dough. Pair with [Speedy Strawberry Ice Cream \(Page 198\)](#)

ROCKRIDGE PRESS is a trusted voice in health and diet publishing a wide variety of lifestyle guides and cookbooks, including The New York Times best seller Paleo for Beginners, The Wicked Good Ketogenic Diet Cookbook, The Mediterranean Diet Plan and the Instant Pot Electric Pressure Cooker Cookbook. Our authors take pride in publishing thoughtful, well-researched books that help readers make positive lifestyle changes and build permanent healthy habits. Headquartered in Berkeley, California, Rockridge Press is situated in the heart of one of the healthiest regions in the world, the San Francisco Bay Area.

I love this kind of cookbook because the information is presented well, the information is very organized, the food is healthy, the shopping technique saves you money, and is designed for families with just two members. Because the art of cooking for two can be tricky, this book is very

helpful for sure! Books that reveal meal plans make the cook's job easier, and the shopper's job designed not to buy too much and over extend the food budget. I am definitely going to try the Salad in a Wrap, the Nutmeg-Baked Peaches, Velvety Chocolate Pudding, and the Apple Cranberry Crumble. To have the two lists: (1) The Dirty Dozen (food items with more pesticides), and the (2) Clean 15 (food items with less pesticides in them) is extremely valuable to those who like to eat healthy. This IS the perfect book. Well Done!!

This healthy cook book for 2 !Has really amazing recipes in it also has a lot ,great tips on the best way to cook the foods you love to eat !There is even some great tips on how to shop for two !Along with how to plan your meals for a week !You find some really great recipes for cooking chicken pork beef !Even recipes on cooking your veggies along with cooking some fruits !My favorite is the recipes for cooking those left overs and turning them into a great meal again !If you're looking for a great cook book on cooking for two totally recommend getting this one !These are my own wordsReceived this book as a promotionIn return for my honest review

I love that this book actually uses real food that you'd really eat and not a bunch of weird ingredients that either no one's ever heard of or that no one would ever want to put together. Will definitely be using these recipes.

I was given this cookbook to review and I must say it is helping me fulfill my New Year's resolution of eating healthier and losing weight. It contains 175 absolutely delicious and nutritious recipes that are made with fresh, whole foods. The smaller portion recipes are perfect for couples, or those nights you only need a meal for one. I loved the tips and practical advice for planning meals and shopping lists. Not only is it more cost effective and time saving, but also helps me to avoid eating out altogether. The nutritional information at the end of each recipe has also been most helpful for my diet. I wish every cookbook I owned provided that information. I highly recommend this cookbook to anyone wishing to learn an affordable, healthier style of eating.

The Healthy Cookbook for Two is a great book for small households that really only need recipes for two. Cooking for two can be a challenge when fast food is readily available but with this cookbook you can find 175 healthy recipes that are delicious and easy to prepare and some tips in there to leading a healthy lifestyle. The idea behind this book is planning ahead to get the most out of meal preparation (many of the ingredients cover more than one recipe) and reduce wasting food. All the

recipes have ingredients that are readily available. I like the variety of recipes from vegetarian to deserts to choose from. They also come nutritional information to take the guess work out of figuring it out yourself. I received this book for free in exchange for my honest review.

Love it my husband and I are empty nesters and this is perfect!!! I was cooking way too much and not as healthy...we have lowered our cholesterol and are losing some unwanted pounds

I think that this is a great cookbook for people looking to cut down on food waste, when they are only making food for two. Not only do the recipes call for smaller amounts, but they also give you ways to re-use leftovers so that they don't go to waste. Along with many great recipes, this book also includes tips on grocery shopping for two people, healthy cooking techniques, and it also mentions the importance of planning ahead and planning meals that require similar ingredients throughout the week. One thing that I really loved is how this cookbook even makes reference to these recipes being fun to be made by two people so it could even help you bond with your significant other. I received this book for free in exchange for my honest and unbiased opinion.

I really enjoyed this book. It tells you what to look for when buying and to make meals ahead of time and plan ahead of time. Making a list does make a difference because it helps cut down spending because you are buying the food you need instead of just tossing it in the basket. It gives recipes in chapters, so they aren't all listed and confusing to find. One chapter is for salads, one for soups, etc. I liked how in the recipes it gives the nutritional value of each serving. The recipes are easy to cook and don't take much time. I like how the recipes are just for two instead of more than that. I highly recommend this book for those who don't know what recipes to start with or who want to have meals ready in short amount of time.

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