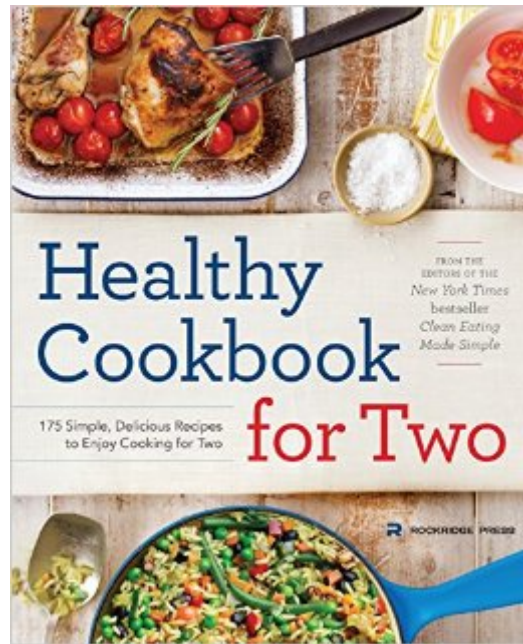


The book was found

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



Synopsis

From the Editors of The New York Times Bestseller, Clean Eating for Beginners Get the most out of your groceries and discover how easy cooking for two can be with healthy, wholesome recipes that you can quickly pull together after work. Cooking for two isn't always easy. That's why Healthy Cookbook for Two features fast, flavorful recipes using fresh, affordable ingredients that are tailored for your two-person table. From quick yet satisfying weeknight dinners to hearty Sunday brunches to guilt-free desserts, Healthy Cookbook for Two is the go-to cookbook for couples looking to prepare nutritious dishes together. Collaborate in the kitchen, with: 175 duo-friendly recipes designed to ditch the delivery and limit leftovers 10 need-to-know tips for shopping and cooking for two Simple side pairing suggestions to complement your meals Nutritional information accompanying every recipe Make-ahead meal plans that make cooking for two stress-free Healthy Cookbook for Two proves that preparing nutritious, couple-sized meals has never been easier--or tastier.

Book Information

Paperback: 220 pages

Publisher: Rockridge Press (November 25, 2014)

Language: English

ISBN-10: 1623154162

ISBN-13: 978-1623154165

Product Dimensions: 7.5 x 0.5 x 9.2 inches

Shipping Weight: 14.1 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars See all reviews (228 customer reviews)

Best Sellers Rank: #4,933 in Books (See Top 100 in Books) #8 in Books > Cookbooks, Food & Wine > Cooking Methods > Cooking for One or Two #32 in Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy #136 in Books > Cookbooks, Food & Wine > Special Diet

Customer Reviews

When I was learning to cook I had to learn to cook for a family of five. Those days of cooking for a larger than two people at a time have reduced to a few times throughout the year and holidays so it was nice to learn how to cook smaller and healthier meals at home. As I have gotten older, I try to prepare meals for my husband and I that are healthier so that we can live happy and healthy long lives. This healthy cookbook for two provides 175 simple and nutritious recipes to prepare a meal for two at home. However, this book does show you how to double the recipes if you need to. For example, should you have company come over or you want leftovers. However, it says not to

double baking, just make double batches otherwise it will not turn out right. This book goes into the ten different cooking techniques and gives detailed description so even a beginner can utilize this book. One thing I learned was preparing make ahead meals. These are meals are planned out and less stressful. It also gives a list of certain items and tells how long they can be kept in the fridge before they expire. This book states that the Department of Agriculture and US Food and Drug Administration compile a list of pesticides found in commercial crops and lists which ones to buy organically and which ones are safe to eat commercially. Also referred as the Dirty Dozen, ones to avoid; and the Clean 15, those safe to eat. I would recommend this book to anyone who is looking for healthier recipes whether it be for dieting or simply planning out smaller meals for stress free living. I got this book to review however, all thoughts, ideas and words are indeed my own.

Most of the time I am only cooking for two, my daughter and I. My husband works most nights so it's just the two of us. I am so happy this book came into my life. I received this book for free in exchange of my honest and unbiased review. I am so happy I did! It's really hard sometimes cooking for two. It's especially hard to cook healthy for two people. This book has so many great recipes in it. They are all made with fresh and whole foods. It also helps you come up with a meal plan for the week. It will give you a ton of tricks in order to save time and how to cook the right way. It teaches you how to prepare a head of cooking in order to save time. The major thing is planning ahead. Not only will it help you get healthy meals for two but it will also save you money. You won't be wasting food. Planning ahead will also help you stay home instead of eating out. I am horrible at planning my grocery list. With this book I have saved so much money already. I have been making very healthy meals and not spending as much. I am also not spending as much time in the kitchen. I am using certain ingredients in many different dishes. I love it. This book has changed my whole kitchen. I am now cooking healthy and spending less doing it. I am happy knowing that my daughter and I are eating healthy almost all week long. If you cook for two you need this book. It will save you time and money! It's as easy as that.

So far I've loved almost everything I've cooked. I love how organized this book is and how helpful with suggested foods to pair it is. I also love that even though it's "for 2" it makes larger portions so since we eat a lot, that's nice. Or if we eat light it's nice for lunch the next day! My only complaints: the prep time and cook times are way off. Sometimes it takes me 2 hours to prep and cook a meal when the prep and cook times say 30 minutes. Unless you do all your chopping/grating etc ahead of time, prepare for longer cooking periods. This one may be kind of small but for some reason it really

bothers me...In one recipe, Beef and Cabbage Stir-Fry, the ingredients tell you 1/4 sweet onion, cut into 1/4 inch thick slices but the instructions never mention what to do with the onion. I'm a strict follow the instructions type so of course, I didn't think to add the onion initially. I had to add it later and that bothers me...Anyways, it's definitely worth the buy. The food is almost always delicious!

This book is a great book for people who have busy lives and are used to cooking for a lot of people. The recipes are very accurate and easy to make. These recipes include Gluten and dairy free options. The recipes within this book show you important nutritional facts such as calories, fat, carbohydrates, sugar, and more. There are suggestions within the book that suggest what to pair your main dish with such as a dessert. All you need to do is click on the suggestion and it takes you right to the healthy recipe for the suggested foods. The recipes are very well written and explained very well and they are easy to make meals for two, which would be easy to then intergrate into bigger meals if needed. So even though it is a cookbook for 2, there are simple ways to incorporate for a night with guests. I did get this book for free. This does not affect my review on this book at all.

I had the opportunity to grab this book at the \$1.99 discounted price. Unlike another cookbook along the same "cooking for two" theme that I loved when I was able to do this, on this one, I felt like I got what I paid for. I think there were recipes that I could count on two hands that I would make and the rest was a bunch of fluff writing about how to downsize recipes/cooking. It was ok...not great and happy I didn't pay the full amount.

[Download to continue reading...](#)

Healthy Cookbook for Two: 175 Simple, Delicious Recipes to Enjoy Cooking for Two Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes The Rice Recipes Cookbook: Delicious & Healthy Rice Recipes That Everyone Will Enjoy! Cooking with Beans and Legumes: Simple Recipes for Cooking Delicious, Healthy Meals with Beans and Legumes Cooking Healthy with a Food Processor: A Healthy Exchanges Cookbook (Healthy Exchanges Cookbooks) The Eat Fat, Get Thin Cookbook: More Than 175 Delicious Recipes for Sustained Weight Loss and Vibrant Health Quick & Easy Recipes: Over 50 Simple and Delicious Vegan & Vegetarian Rice Cooker Recipes That Anyone Can Make! Recipes for Weight Loss & Overall ... (Rice cooker Recipes - Rice Cooker Cookbook) Smoothies for Diabetics: 85+ Recipes of Blender Recipes: Diabetic & Sugar-Free Cooking, Heart Healthy Cooking, Detox Cleanse Diet, Smoothies for ... loss-detox smoothie recipes) (Volume 54) Delicious Holiday Treats:

A Collection of Healthy Holiday Recipes (Dessert Recipes, Holiday, Seasonal, Desserts, Thanksgiving Recipes, Christmas Recipes) (Volume 1) Eating for IBS: 175 Delicious, Nutritious, Low-Fat, Low-Residue Recipes to Stabilize the Touchiest Tummy Taste of Beirut: 175+ Delicious Lebanese Recipes from Classics to Contemporary to Mezzes and More Blender Baby Food: Over 175 Recipes for Healthy Homemade Meals Weight Watchers: 23 Healthy Snacks To Lose Weight Fast: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start Recipes) (Weight ... Simple Diet Plan With No Calorie Counting) Alkaline Diet Cookbook: Lunch Recipes: Insanely Delicious Alkaline Plant-Based Recipes for Weight Loss & Healing (Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 2) Everyday Whole Grains: 175 New Recipes from Amaranth to Wild Rice, Includes Every Ancient Grain (Cooking Light) Maine Home Cooking: 175 Recipes from Down East Kitchens Pressure Cooker Cookbook: 100 Quick, Easy, and Healthy Pressure Cooker Recipes for Nourishing and Delicious Meals (Pressure Cooker Recipes, Pressure Cooker) (Volume 1) Microwave Cookbook: 40 Delicious, Healthy and Easy to Make Meal Recipes for Busy People (Quick and Easy Microwave Meal Recipes) Delicious Baking for Diabetics: 70 Easy Recipes and Valuable Tips for Healthy and Delicious Breads and Desserts The Healthy Hound Cookbook: Over 125 Easy Recipes for Healthy, Homemade Dog Food--Including Grain-Free, Paleo, and Raw Recipes!

[Dmca](#)