



The Food You Crave: Luscious Recipes for a Healthy Life

Ellie Krieger

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Do you think that healthy food couldn't possibly taste good? Does the idea of "eating healthy" conjure up images of roughage and steamed vegetables? Author Ellie Krieger, host of Food Network's Healthy Appetite, will change all that. A registered dietitian, Ellie is also a lover and proponent of good, fresh food, simply but deliciously prepared. And she's not about denial--no nonfat foods here, because when you take the fat out of natural foods, in go the chemicals. Don't deny yourself butter--use a pat of it, but put it front and center on those mashed potatoes, so you can revel in it with all your senses. *The Food You Crave* is all you'll need to change the way you eat and change the way you feel. It contains 200 recipes that cover every meal of the day and every craving you might have. Every recipe contains a complete nutritional breakdown, as well as tips on ingredients and techniques that will keep you eating smart and eating well.

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