



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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From reader reviews:

James Williamson:

Precisely why? Because this Recipe Rehab: 80 Delicious Recipes That Slash the Fat, Not the Flavor is an unordinary book that the inside of the book waiting for you to snap the idea but latter it will zap you with the secret the idea inside. Reading this book alongside it was fantastic author who write the book in such awesome way makes the content within easier to understand, entertaining technique but still convey the meaning totally. So , it is good for you because of not hesitating having this any more or you going to regret it. This unique book will give you a lot of gains than the other book include such as help improving your talent and your critical thinking means. So , still want to hold off having that book? If I were being you I will go to the reserve store hurriedly.

Debra Richardson:

This Recipe Rehab: 80 Delicious Recipes That Slash the Fat, Not the Flavor is great book for you because the content which is full of information for you who have always deal with world and possess to make decision every minute. That book reveal it information accurately using great arrange word or we can point out no rambling sentences within it. So if you are read that hurriedly you can have whole data in it. Doesn't mean it only provides you with straight forward sentences but tricky core information with wonderful delivering sentences. Having Recipe Rehab: 80 Delicious Recipes That Slash the Fat, Not the Flavor in your hand like having the world in your arm, details in it is not ridiculous just one. We can say that no guide that offer you world inside ten or fifteen second right but this publication already do that. So , this is good reading book. Hi Mr. and Mrs. hectic do you still doubt that will?

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Stephen Redmond:

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