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Every Girl's Guide to Everyday Cooking: 125 Simple and Delicious Recipes to Help You Stay Lean for Life! (Paperback)

By Maria Menounos

Random House USA Inc, United States, 2016. Paperback. Book Condition: New. 232 x 187 mm. Language: English . Brand New Book. E! News host Maria Menounos adds to her New York Times bestselling EveryGirl book series with this essential collection of 150 easy-to-prepare and delicious recipes for the busy EveryGirl looking to eat well every day of the week! Maria learned her way around the kitchen by watching and cooking with her mother, Litsa, a professional cook. Inspired by their Greek heritage, The EveryGirl's Guide to Cooking focuses on fresh and natural ingredients that yield a wide variety of both healthy and splurge-worthy food, including Breakfast: Strawberry Shortcake French Toast, Apple Pie Quinoa Porridge, Sweet Potato and Black Bean Breakfast Burrito Lunch: Three-Bean Power Salad, Caramelized Veggie Flatbreads, Kale and Lemon Oil Pizza Dinner: Melted Baked Ziti with Charred Cauliflower, Double-Cheese-Stuffed Artichokes, Spinach and Walnut-Stuffed Portobello Mushrooms Entertaining: Meatball Sliders, Sloppy BBQ Buns with Cabbage Coleslaw, Summertime Watermelon-Feta Salad Protein Snacks: Spicy Avocado Toasts, Chickpea Poppers, Speedy Egg Salad Desserts: Oatmeal Chocolate Chip Cookies with Toasted Pecans, Anytime Oatmeal Fruit Crumble, Greek Yogurt Strawberry Sunday Whether you are a whiz in the kitchen or just learning your way around...


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