



Pillsbury Good for You!: Fast and Healthy Family Favorites (Pillsbury Cooking)

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Great Recipes and Ideas for Cooking Healthy in a Hurry!

If you're short on time but want to serve great-tasting, nutritious meals, this is your ultimate dinner solution cookbook. Most of the 170 recipes use everyday ingredients and are ready in four steps and 35 minutes or less. Now that's low stress!

Pillsbury Good for You! gives you great choices for every meal and any occasion. From Easy Breakfast Dinners to Quick Family Favorites, you'll find healthy, tempting recipes such as Basil-Zucchini-Potato Frittata, Skillet Shepherd's Pie, Pork and Noodle Primavera, Milanese Beef Grill, Crispy Cabbage and Chicken Wraps and more. Best of all, the dishes are high in flavor but low in fat, sugar and salt. Who knew that eating healthy could be so easy--or so delicious?

Pillsbury Good for You! also gives you:

- * 170 recipes, many of which require only five ingredients--ones you're sure to have on hand

- * Lots of 20-Minute Meals--more than enough for every weeknight for a month

- * Recipes to fit your family's lifestyle in features such as "Easy Weeknight Entertaining," "Healthy Holidays," "Snacks to Pack" and "Dine-in-Desserts"

- * 68 color photos to whet your appetite and inspire you

- * All kinds of tips and tricks to nudge your family toward healthier eating, including "20 Quick Ways to Better Nutrition for Your Family" and "The Healthy Pantry," a guide to stocking ingredients and foods that are good for you

For more great recipes visit pillsbury.com

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Nicole Marcil:

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Charlotte Ramsey:

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Irene Navarro:

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