



## **Eat What You Love: Quick & Easy: Great Recipes Low in Sugar, Fat, and Calories**

*Marlene Koch*

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## **Eat What You Love: Quick & Easy: Great Recipes Low in Sugar, Fat, and Calories** *Marlene Koch* **Great-tasting, guilt-free favorites—in a flash!**

From creamy No-Bake Cherry-Topped Cheesecake to Cheesy Bacon Chicken, Deep-Dish Skillet Pizza, and 2-Minute Chocolate “Cup” Cakes for One, every speedy crave-worthy recipe in this book is low in sugar, fat, and calories—but you would NEVER know by tasting them! In *Eat What You Love: Quick & Easy*, *New York Times* bestselling author Marlene Koch proves once again why she's called “a Magician in the Kitchen!”

Readers rave about Marlene's amazing recipes, and in her quickest, easiest collection of recipes ever, she makes eating what you love a snap with flavor-packed favorites like:

Crispy Teriyaki Fried Chicken – 10 minutes prep and only 205 calories

Quick-Fix Quesadilla Burgers – 320 calories instead of the usual 1,420!

15-Minute Coconut Cream Candy Bar Pie – 190 calories and 70% less sugar

With more than 180 super-satisfying family-friendly recipes for every meal of the day—this cookbook is perfect for everyone, and every diet! Plus:

Every recipe can be made in 30 minutes – or less!

Gluten-free recipes, all-natural sweetening, and cooking for two included

Gorgeous full-color photographs throughout

Nutritional information for every recipe with **diabetic exchanges, carb choices, and Weight Watcher point comparisons**.

## **Eat What You Love: Quick & Easy: Great Recipes Low in Sugar, Fat, and Calories** **Details**

Date : Published April 26th 2016 by Running Press Adult

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Author : Marlene Koch

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## **From Reader Review Eat What You Love: Quick & Easy: Great Recipes Low in Sugar, Fat, and Calories for online ebook**

### **Jamie Gogocha says**

Many of the recipes in this book looked amazing. I also liked how it compared some dishes to other well known restaurant dishes. I'll have to get this book again from the library or buy it so I can do some culinary experimentation!

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### **Leslie aka StoreyBook Reviews says**

I picked up a copy of this cookbook from BEA and I think this has been my best selection so far!

I love to cook and I had time to talk to Marlene and discuss the cookbook and cooking. She said that these were easy recipes and also good for you. She was right.

I have several favorites but tonight I tried the Chocolate Caramel Cheesecake Cupcakes. OMG so good. I have tried several chicken recipes and a Mediterranean quinoa side dish that will go into my permanent rotation.

I plan to check out more of her cookbooks and encourage you to do the same. Even if you are a novice cook you will find that these recipes are easy to follow and don't call for any strange ingredients.

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### **Larry Warren says**

#### **I love all of Marlene's Eat What You Love books, but this is my favorite!**

This book is fantastic. Filled out my grocery list as I read through it and found myself finding too many things I wanted to try this week! I had to split my list in half! Definitely recommend!

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### **Kim says**

Easy to use recipes...I was looking for some new recipes that I could use with SmartPoints. Many good recipes with swaps that make them more healthy.

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### **Lee says**

will try some recipes, they are pretty easy and down to earth. always want to cook healthier without going out and buying all sorts of expensive alternative food.

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## Alyssa Nelson says

\*I received a free copy of this book from the publisher at BEA.\*

I love food, so having recipes for delicious food that cuts down on calories, fats, and sugar is a huge plus for me. I like to be healthy, but not at the expense of not being able to eat the things that I love to eat. When I saw this cookbook, I knew that I had to have it.

The book starts off with information about how to live/eat with diabetes, as well as giving some easy substitutes and nutritional information. It also provides guidance for creating a meal plan, and the back has quick-and-easy meal plans already created for you from recipes from the book. I love this, because it's more than just a cookbook, it actually teaches you about nutrition and putting together a fully balanced meal.

However, what makes a good cookbook is great recipes; the recipes in here are delicious and I love that they all offer different options for tweaking the recipe to your liking. While I don't agree with some of the substitutions (some recipes call for artificial sweetener, which I refuse to ever use, instead of sugar), I'm able to take them and leave them as I like and still create a meal that is healthier than it would have been. My absolute favorite (low-calorie!) dishes that we've made from this book are the Almond Tea Cakes and the Turkey Chili.

If you're looking for a comprehensive cookbook with great ideas for keeping things healthy, this is the book for you. The dishes have a good balance with how much time it takes to make them and I have yet to dislike anything we've made from this. Such a great collection!

Also posted on Purple People Readers.

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