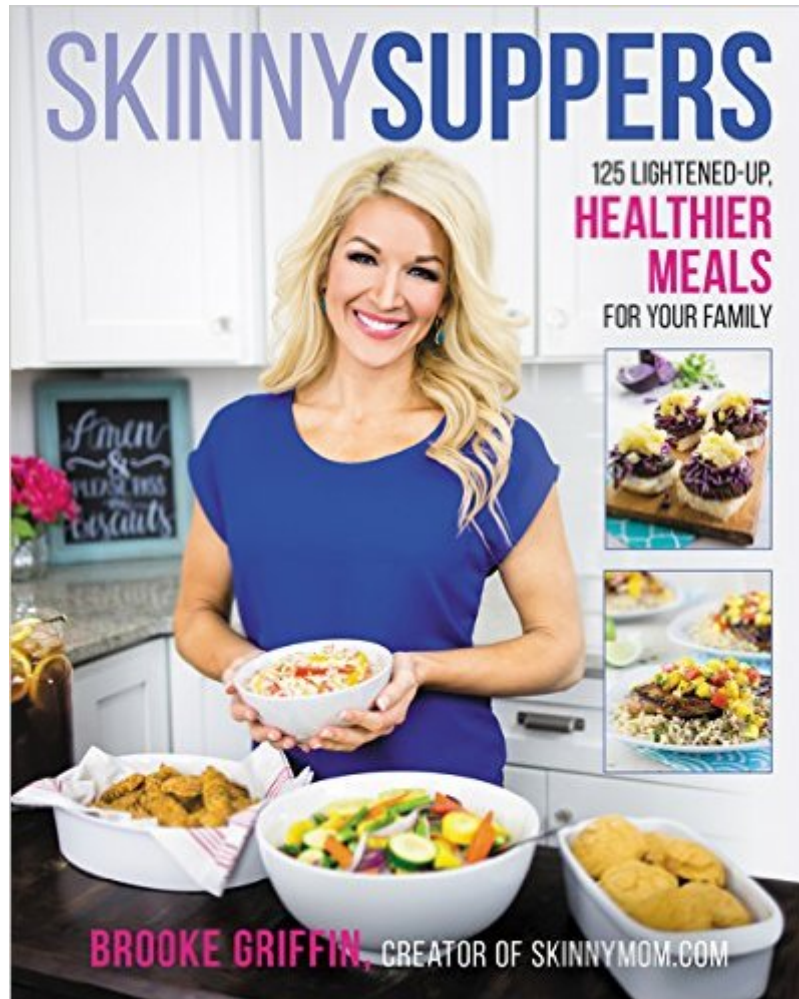


The book was found

Skinny Suppers: 125 Lightened-Up, Healthier Meals For Your Family



Synopsis

Serve up guilt-free, flavor-filled recipes every night of the week! Millions of loyal readers look to Brooke Griffin's popular Skinny Mom website for her special brand of skinny recipes, simple meal-planning techniques, and time-saving grocery lists. In her debut cookbook, *Skinny Suppers*, Griffin is on a mission to help you make smart, healthier choices and cook stress-proof, hearty meals for your family to enjoy around the dinner table. What's on the menu? 125 suppers and sides (including 25 fan favorites) like Philly Cheesesteak Stuffed Peppers, Supreme Pizza Pasta Casserole, Un-Sloppy Janes, and Loaded Nacho Soup. These are recipes you can feel good about—they're satisfying, lower in fat and calories, and, most important, delicious! Plus, most are under 350 calories per serving and take less than 30 minutes from prep to table. Let's get cooking! *Skinny Suppers* makes it easy with:

- Easy-to-find ingredients
- A month of suppers
- meal-planning calendar
- Twice as Nice recipes you can cook once and eat twice
- Slow-cooker and one-pot meals to save time and money

You, the busy home cook with no time to spare, will find reliable recipes and tips, inspiration and ideas, encouragement and excitement throughout this cookbook. Filled with photos, easy step-by-step instructions, and nutritional information, *Skinny Suppers* is the first step to getting your family back around the table for supper!

Book Information

Hardcover: 320 pages

Publisher: William Morrow Cookbooks; 1 edition (March 22, 2016)

Language: English

ISBN-10: 0062419153

ISBN-13: 978-0062419156

Product Dimensions: 7.4 x 1 x 9.1 inches

Shipping Weight: 2.4 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (126 customer reviews)

Best Sellers Rank: #21,176 in Books (See Top 100 in Books) [#32 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat](#) [#55 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat](#) [#103 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss](#)

Customer Reviews

Supreme Pizza Pasta Casserole Prep Time: 10 minutes | Cook Time: 30 minutes | Serves: 6 | Serving Size: 1 1/3 cups It's the best of Italy—pizza and pasta in one! It's fun for your toddlers, has a grown-up taste, and is surprisingly low in calories. This casserole will have

everyone at the supper table saying, 'That's amore!'

Calories: 314 | Fat: 9g | Carbs: 42g | Fiber: 8g Sugars: 10g | Protein: 22g

1. Bring a large pot of salted water to a boil over high heat. Cook the pasta to al dente according to the package directions. Drain and set aside.
2. In a large skillet over medium-high heat, cook the ground beef until no longer pink, 7 to 8 minutes. Use a wooden spoon to break the beef up as it cooks. Transfer the beef to a plate and drain any excess fat from the skillet.
3. Add the olive oil to the skillet over medium-high heat. Add the garlic, onion, bell peppers, and mushrooms and cook until the vegetables are softened, 4 to 6 minutes.
4. Preheat the oven to 350°F. Coat a 13 x 9-inch baking dish or a 14-inch round baking dish with cooking spray.
5. Return the cooked ground beef to the skillet and mix with the vegetables. Reduce the heat to low. Pour the pasta sauce into the skillet. Add the Italian seasoning and mix well. Stir the cooked pasta into the skillet, making sure to evenly coat the pasta.
6. Transfer the mixture to the prepared baking dish. Top with the mozzarella and pepperoni. Bake uncovered until the cheese is melted, 20 to 25 minutes.

Here's What You Need:

- 8 ounces whole wheat rotini pasta (I like Barilla)
- 1 pound lean ground beef
- 1 teaspoon extra virgin olive oil
- 1 teaspoon minced garlic
- 1 small onion, diced
- 2 green bell peppers, diced
- 1 (8-ounce) container baby bella (cremini) mushrooms, sliced
- 1 (23.25-ounce) jar Prego Light Smart Traditional Pasta Sauce
- 1 teaspoon Italian seasoning
- 1 cup shredded reduced-fat mozzarella cheese (I like Sargento)
- 17 slices turkey pepperoni

[Download to continue reading...](#)

Skinny Suppers: 125 Lightened-Up, Healthier Meals for Your Family One-Pan Wonders: 50 Clean Eating Sheet Pan Recipes for Delicious, Healthy Hands-Off Suppers, Lunches and Snacks Straight From the Oven (Clean Eating Sheet Pan Cookbook) Low Carb Freezer Meals: 30 Healthy Meals to Choose and Prepare in One Day for the Whole Week to Save Your Time and Money (Microwave Cookbook & Quick and Easy Meals) Oven-Baked Meals Box Set (4 in 1): Discover Meals and Recipes You Can Make with Your Toaster Oven, Sheet Pan and Dutch Oven (Cozy Meals for Busy People) Cook Yourself Thin: Skinny Meals You Can Make in Minutes CROCKPOT DUMP MEALS: Delicious Dump Meals, Dump Dinners Recipes For Busy People (crock pot dump meals, crockpot dump dinners, dump dinners) Best of Authentic Meals Box Set (6 in 1): Chinese, Japanese, Korean, Italian Recipes, Traditional Southern and Amish Meals (Authentic Meals & Traditional Recipes) Mason Jar Meals: Quick, Easy & Healthy Mason Jar Meal Recipes For Busy People: Cooking For One with Meals In A Jar (mason jar, mason jar recipes, mason ... jar recipes, jar meals, mason jar salads) Low-Carb Freezer Meals Box Set (6 in 1): Healthy Meals to Choose and Prepare in One Day for the Whole Week (Low Carb & Microwave Meals) Freezer Meals BOX SET 3 IN 1: 25 Simple

And Money-Saving Recipes + 20 Healthy Crockpot Freezer Meals + 16 Delicious And Healthy Freezer Meals With No Meat: ... cookbook for two, dump dinners cookbook) Slow Cooker Freezer Meals: 30 Best Tasting Slow Cooker Freezer Meals In 3 Hours: (Freezer Recipes, 365 Days of Quick & Easy, Make Ahead, Freezer Meals) ... cookbook for two, dump dinners cookbook) CROCK POT: Over 1825 Crock Pot Dump Meals and Dump Dinner Recipes (Crock Pot, Dump Meals, Dump Dinners, Freezer Meals, Crock Pot Cookbook, Crock Pot Recipes, Crock Pot Chicken Recipes) Healthy and Easy Freeze, Heat, and Eat Meals: Quick, Delicious, and Low-Carb Freezer Meal Recipes for Your Family (Microwave Meals) Pressure Cooker Meals: 30 Quick, Easy and Delicious One Pot Meals For Your Pressure Cooker That You're Family Will Love (The Essential Kitchen Series Book 17) Great Airfryer: 50 Exclusive Recipes To Fry A Variety Of Delicious Meals In A Fast, Easy And Healthier Way The Mediterranean Family Table: 125 Simple, Everyday Recipes Made with the Most Delicious and Healthiest Food on Earth Diets: The Skinny Delicious Diet (Your Smart Genetic Pathway to a Leaner New You (Your Permanent Weight Loss Program): Over 100 Paleo and Vegan Recipes ... (Free Yourself From Excess Fat Forever) How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating, Overeating and Dieting For Good, Get the Naturally Thin Body You Crave From the Inside Out How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating, Overeating and Dieting For Good Get the Naturally Thin Body You Crave From the Inside Out (Binge Eating Solution Book 1) The Skinny Gut Diet: Balance Your Digestive System for Permanent Weight Loss

[Dmca](#)