



The 150 Healthiest 15-Minute Recipes on Earth: The Surprising, Unbiased Truth about How to Make the Most Deliciously Nutritious Meals at Home in Just Minutes a Day

Jonny Bowden, Jeannette Bessinger

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You can put a healthy dinner on the table in only 15 minutes thanks to acclaimed nutritionist Jonny Bowden, Ph.D., C.N.S., and personal chef and nutrition educator Jeannette Bessinger, C.H.H.C.

The two have created more than 150 nutritious recipes that can be made in minutes, and turn out so great tasting you'll never need to toil in the kitchen for hours again. Chef Jeannette offers suggestions for fast, tasty, and healthy side dishes to complete your meal, as well as quick variations and substitutions that infuse these recipes with variety, while Dr. Jonny explains how they made these easy recipes healthy.

Savor the Grilled Cayenne Honey Drumsticks and Citrus Jicama Salad, Ten-Minute Flounder with Lemon-Basil Butter and Almonds, and Gorgonzola Beef with Spinach, Pears, and Walnuts. Enjoy the sublime Camembert Quesadilla with Melon Salsa or the Dark Chocolate Ricotta Dream with Strawberries. The recipes in this book will please every palate, from meat lovers to vegans, and can be made by both beginner and veteran home cooks.

The healthiest meals are only minutes away!

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