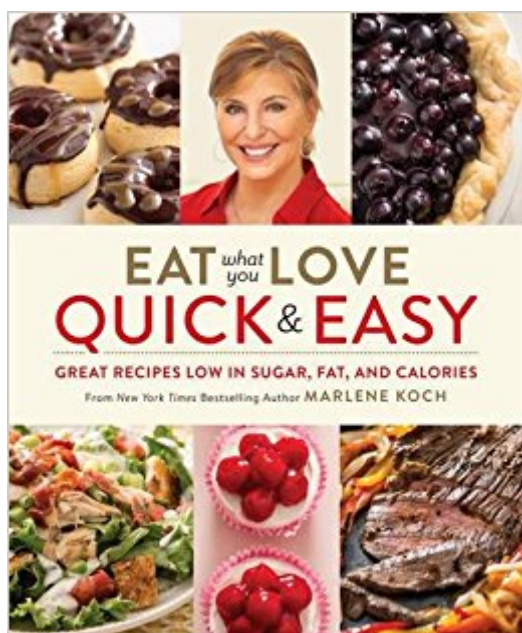


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# Eat What You Love: Quick & Easy: Great Recipes Low In Sugar, Fat, And Calories



## Synopsis

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 Cupcakes 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.

## Book Information

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## Customer Reviews

"Many people stop eating some of their favorite dishes when they start gaining weight. ...In *Eat What You Love*, Marlene Koch tells you how to start losing weight by eating the same favorite dishes."--Washington Book Review  
Cheerful advocate of low-calorie, healthy home cooking, Koch

brings her fans another volume loaded with recipes that promise the benefits of calorie-conscious eating and the appeal of hearty flavors. This collection further assures the busy cook that all these dishes can be quickly prepared after a day's hard work."--Booklist

Marlene Koch is the award-winning author of numerous cookbooks including *Eat What You Love* and the New York Times bestseller, *Eat More of What You Love*. A regular guest on QVC, Marlene is a registered dietitian and culinary expert known for her extraordinary ability to deliver good health, with great taste! Marlene and her recipes have been featured in *Cooking Light*, *Woman's World*, *Men's Fitness*, and *Diabetes Health* magazines, as well as on *Today* and the Food Network. At home you'll find Marlene cooking and baking for her big food-loving family.

UPDATE April 20: Tonight I prepared the Teriyaki Fried Chicken and the 15-Minute Coconut Cream Candy Bar Pie. We really enjoyed eating both recipes and they did not taste like diet food. I did omit the sugar-free ice cream topping for the pie as I didn't have that in my pantry and the pie tasted wonderful. Author Marlene Koch creates tasty, healthy recipes that are edible. Very edible. I've used her cookbooks to prepare low-sugar, low-fat and calorie reduced meals for the past couple years as I am trying to eat healthier. I also wanted to lose a bit of weight and I've done that too thanks to Koch's cookbooks. What I love most about her newest cookbook: *Eat What You Love Quick & Easy* is how she's created "kitchen magic" to create tasty recipes I can't wait to try. In fact, I plan on making One-Bowl Mandarin Orange cake for dessert tonight as I have all the ingredients in my pantry. Also, her recipe looks very easy to make and it's almost dinner time. When I get done with this review I plan to go bake up the cake. Other recipes you'll find in her cookbook include: Blueberry Cheesecake Pie Cups, Almond Tea Cakes, Frosty Peaches and Cream Yogurt Pie, 2-Minute Microwave Pumpkin Pie, 15-Minute Coconut Cream Candy Bar Pie, No-Churn Fruity Frozen Yogurt, 2-Minute Chocolate "Cup" Cake for One (a mug cake recipe you prepare in the microwave oven), Apple-licious Green Smoothie, Oatmeal Cookie Breakfast Smoothie, Thick and Creamy Strawberry Shake, 3-Ingredient Chocolate Caramel Biscuit Donuts, Cinnamon Swirl Quick Cake, Make-Ahead Bacon Cheddar Grab and Go Burritos, Cinnamon Chai Oatmeal Pumpkin Pie, French Toast Shortcut, Spanish Potato Frittata, Breakfast Cheesecake!, Avocado-Ranch Dip, Chicken Nacho Dip, "Fried" Macaroni & Cheese, Kettle-style Kale Chips, Muffin Tin Crab Cakes, Mini Corn Dog "Pup-Cakes", Cabbage Roll Soup, 5-Ingredient Black Bean Soup, At-Home Asian Chicken Noodle Soup Bowls, Good & Easy Turkey Chili, Tuna 'n Egg Salad Sandwich, My Favorite Caprese Sandwich, Chicken and Blue Buffalo Wrap, Quesadilla Burger, Chicken Enchilada Tacos, Loaded Philly

Cheesesteak Double Mushroom Swiss Burger Chili's-Style Creamy Cajun Chicken Pasta Weeknight Lasagna Roll-Ups One-Pot BBQ Chicken Pasta Taco Stuffed Shells BLT Chicken Pizzas Easiest-Ever Glazed Carrots 10-Minute Broccoli Gratin Warm Cabbage Slaw One-Pot Spaghetti and Spinach Better-than-Ever Stovetop Mac & Cheese Presto Pizza Bread Coconut-Coconut Chicken Amazing Smashed Garlic Butter Chicken Teriyaki Fried Chicken Slow-Cooker Creamy Chicken and Biscuit Stew Anytime Turkey Meatballs Turkey Taco Casserole Everyday Marinated Steak Swedish Meatballs with Sour Cream Gravy Pan-Seared Filet Mignon with Rosemary Red Wine Sauce Slow-Cooker Balsamic BBQ Beef Sheet Pan Pork and Vegetable "Stir-Fry" Pork Tenderloin with Orange Marmalade Sauce Autumn Apple Pork Chop Skillet Chicken Fried Fish with Buttermilk Dressing 5-Ingredient Spinach-Stuffed Salmon Almost Bang Bang Shrimp Teriyaki Fish Foil Packets Meagan's Marvelous Zucchini Pie Steak-Style Portobellos You will find plenty of color photos illustrating the recipes and clear instructions on how to prepare the recipes. Highly recommend.

I have all of Marlene Koch's Eat What You Love cookbooks (so far) and I believe that this one is my favorite. I like that she includes information to use small amounts of sugar as well as sugar substitutes because sugar substitutes don't agree with me; then again, all her cookbooks have this information. I like the quick and easy aspect as well as the wealth of recipes for things I'd actually make. The ingredients for most of the dishes are things you have on hand or are easily obtainable at the grocery store. I highly recommend this cookbook as well as the others in this line.

I love Marlene Koch's Eat What you Love cookbooks! The recipes are imaginative, tasty and healthier than usually made. It includes all the nutrition information. Perfect for Weight Watchers followers. This is the second one I've given as a gift.

Need more than 5 stars! Avid cookbook collector, have over 400 books and this is in my top 5. So far (in only 3 days) Made the cajun pasta, the Bang Bang shrimp, the Ranch dressing and all are delicious and will make again and again. The only addition I made was to the ranch dressing, I added fresh dill, because I love it, delicious. That there are only fresh ingredients and no preservatives, not to mention how fast it was to make, will be a staple. No more Hidden Valley for me! Buy this book (and Marlene's other books), you will not be disappointed.

This book is a steal! You need to get it while it is cheap. It is such a value. I just got the book a couple days ago and I've made 2 recipes and they are fabulous. The book as normal food, not

exotic (a good thing). The recipes are easy and most of them don't call for wild ingredients. I must have! I'm on WW. The points are included, but for the last program. The nutrition is all there so you can figure points for the new program (Smart points).

Aside from reduced fat options and such as light mayo, reduced fat yogurt, etc. most other ingredients are readily found at any grocery store. All recipes list weight watchers plus points comparisons in the nutritional info. Includes all nutrition- - not just WW points. Many recipes also include "dare to compare" notes where the recipe in the book is compared to one found in a popular restaurant (think healthy Copy Cat recipes) and shows how much healthier it is.

Another winner from this author. I enjoy the recipes, most fit into our low carb lifestyle. Recipes are easy to follow. They also use ingredients easily found in supermarket.

Love, love, love Marlene's recipes! Nearly everything we've tried of her recipes have been slam-dunks, and this book is no exception! We are on Weight Watchers, so it's so nice to have a cookbook where no thinking or planning is required to create low-point meals. It certainly helps that the dishes are tasty and super simple to make, too! Our favorites so far from this book are the Coconut Coconut Chicken and the Bourbon Chicken and Broccoli Stir Fry. Oh...and the Coconut Cream Candy Bar Pie is to DIE FOR!! All nutritional info is listed at the bottom of every recipe, and the WW Points+ values are listed, too. The new SmartPoints are calculated and listed on Marlene's website, as well! Thank you, Marlene for another fantastic cookbook!!

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