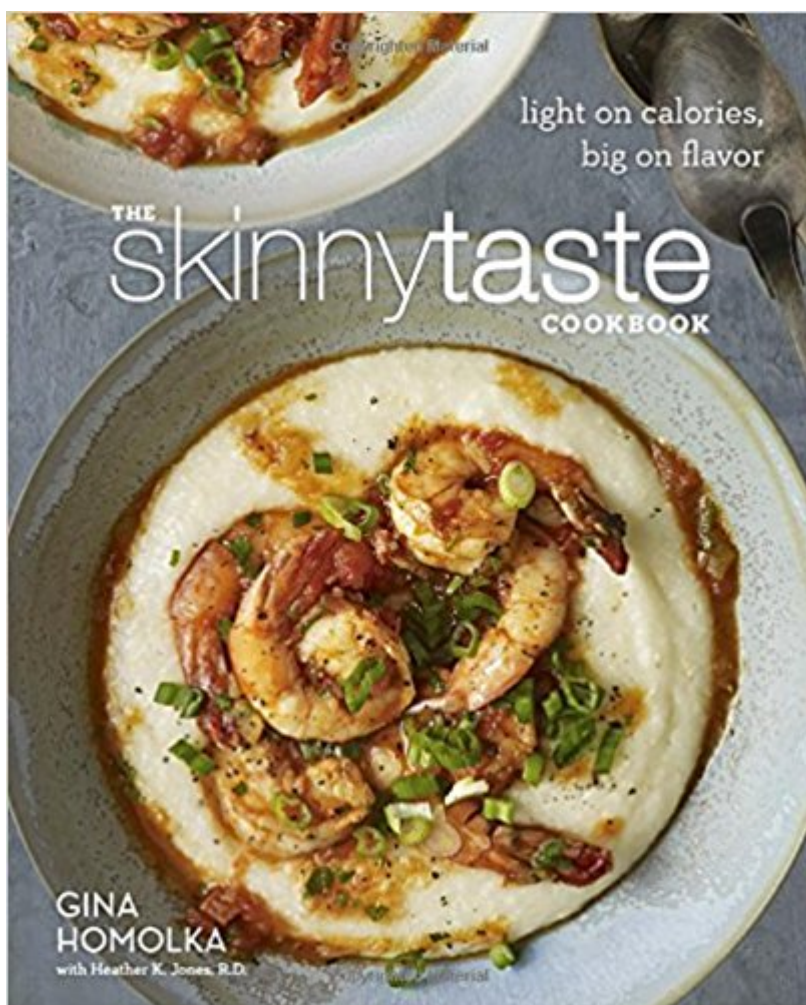


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# The Skinnytaste Cookbook: Light On Calories, Big On Flavor



## Synopsis

“New York Times” Bestseller Get the recipes everyone is talking about, handy nutrition facts, and 125 stunning photographs in the debut cookbook from the wildly popular blog Skinnytaste. Gina Homolka is America’s most trusted home cook when it comes to easy, flavorful recipes that are miraculously low-calorie and made from all-natural, easy-to-find ingredients. Her blog, Skinnytaste is the number one go-to site for slimmed down recipes that you’d swear are anything but. It only takes one look to see why people go crazy for Gina’s food: cheesy, creamy Fettuccini Alfredo with Chicken and Broccoli with only 420 calories per serving, breakfast dishes like Make-Ahead Western Omelet “Muffins” that truly fill you up until lunchtime, and sweets such as Double Chocolate Chip Walnut Cookies that are low in sugar and butter-free but still totally indulgent. The Skinnytaste Cookbook features 150 amazing recipes: 125 all-new dishes and 25 must-have favorites. As a busy mother of two, Gina started Skinnytaste when she wanted to lose a few pounds herself. She turned to Weight Watchers for help and liked the program but struggled to find enough tempting recipes to help her stay on track. Instead, she started “skinny-fying” her favorite meals so that she could eat happily while losing weight. With 100 stunning photographs and detailed nutritional information for every recipe, The Skinnytaste Cookbook is an incredible resource of fulfilling, joy-inducing meals that every home cook will love.

## Book Information

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## Customer Reviews

Featured Recipes from The Skinnytaste Cookbook Download the recipe for Buttermilk Oven-Fried Chicken Download the recipe for Cheesy Baked Penne with Eggplant

"These easy-to-assemble dishes keep both family mealtime planning and healthy eating in mind with kid-friendly, 'simplified and skinny-fied' dishes. Using Homolka's strategies, home cooks can deliver balanced, delicious meals even when time is an obstacle." - Publishers Weekly

At the time I bought this, I'd heard nothing about it. I had simply rarely seen a cookbook with so many glowing reviews, especially for one with "skinny" in the title. I have reviewed scores of cookbooks on and have bookshelves full, like some do a reading library. But I must say, this is one of the most well-done I have personally ever seen myself. I can understand, now, the cult following it's received. First, let's touch on how "now" this cookbook is...by that I mean it has stepped out of old school cookbooks and how they have always been done, and considered today's audience and what they might need. So many of us are on special diets or have to entertain for a family member or guest who is and pull something together--whether that be gluten-free, vegetarian, something for a family who works during the day and needs crockpot meals, something for a family who works all the time and only wants to cook on weekends and then freeze the meals... this book took that all into account. Beside each recipe there is a color and letter coding-V for vegetarian, GF for gluten free, freezer friendly, crockpot etc. And, for those of us who count calories and want to know nutrients or carbs, it also has all that too! That took some time, but boy is it handy, even if you yourself only use it occasionally. The photos are plentiful and throughout and professionally done with good lighting that makes you want to eat it. I have had a few cookbooks that actually made me turned off to the meal due to the grey lighting or even ones I knew were fake like a slow cooker photo of mac and cheese that showed it browned on top (that does not occur in a slow cooker). Not so for this one, it's how the recipe turns out and they make you want to lick the page! But no cookbook is complete without good recipes and this one sets the bar. You could honestly set down any of these dishes in front of a family of boys who who never diet in their lives and they will want seconds and thirds--the taste is fantastic! These are truly restaurant quality meals, that are obviously tested and tried and perfected. I have seen many recipes for fish tacos, for example, but the ingredients here are totally different and more full of flavor. It's also easy to substitute things for even stricter diets. I LOVE that when the author finds brands that work best in a recipe, she also lists those. It feels like you are reading someone's personal cookbook that has cooked the recipe many times but found what brands stand out (for example King Author flour when using wheat flour. I agree.) Not in a commercial way or trying to sell it, but just to say which ones she personally uses. Some authors will not do this unless the company pays them to use their name in the book. This is

clearly not the case and also clearly only done when it makes a difference in taste. There are great make ahead recipes and these feel original. I rarely ever eat out, preferring to cook all meals at home so I feel like over the years I have seen the same old tired recipes made the same old tired ways on the internet. These have new ways and methods and often they are with not only dieting in mind but they have a clear angle of a focus on health as well and satiety. The pages have facts for back up, like a recipe for PB & J overnight oats in a jar (make ahead the night before for a busy morning where you still need a good breakfast.) notes how filling and healthy oats are and why. (Which is true.) These are FANTASTIC recipes, not just the same ones redone with diet ingredients, but original and loaded with flavor. Nothing comes out bad, nothing comes out off, these are good enough to serve at dinner parties and more importantly--to make you feel like you are not dieting. Examples: TUSCAN PANZANELLA SALAD WITH GRILLED GARLIC BREAD SUMMER LOBSTER ROLL SMONGOLIAN BEEF AND BROCCOLI FRENCH BREAD PIZZA SUPREME TERIYAKI GLAZED STUFFED PORK CHOPS WITH PINEAPPLE SALSA ROAST BEEF SANDWICHES WITH CREAMY HORSERADISH SPREAD CHICKPEA AND POTATO CURRY SPICY BLACK BEAN BURGERS WITH CHIPOTLE MAYO PEAR AND BRIE GRILLED CHEESE STEAK SANDWICHES BLACK BEAN BURRITO BOWL SCILANTRO LIME SHRIMP CHEESY BAKED PANNE WITH EGGPLANTS SILKY CHOCOLATE CREAM PIE LOADED NACHO POTATO SKINS ITALIAN SAUSAGE WITH PEPPERS AND ONION WARM APPLE PIE CRUMBLE GUMBOS, STIR FRIES, MAIN DISH SALADS, MEATLESS MAIN DISH CHAPTERS SHRIMP AND GRITS COCONUT PANNA COTTA WITH RASPBERRIES DOUBLE CHOCOLATE CHUNK WALNUT COOKIES WINTER POTATO, KALE AND SAUSAGE FRITTATA THAI COCONUT MUSSEL SC ROLLATINI STUFFED WITH ZUCCHINI AND MUSHROOMS LASAGNA (ZUCCHINI STRIPS ARE USED RATHER THAN PASTA AND I SWEAR YOU WON'T KNOW THE DIFFERENCE!) CUBANA STYLE STUFFED PORK TENDERLOIN SALISBURY STEAK WITH MUSHROOM GRAVY You get the idea. That is a very small sampling. At nearly 350 pages, you get loads of recipes and loads of photos. Whether you never eat red meat, eat only white meat, eat only seafood, eat no animal protein...or switch it up all the time, you can easily find a chapter on whatever suits your fancy or your mood that day. The dishes are GREAT, not just recipes but really things you savor. This one is done right, not just recipes grabbed to fill a cookbook but original ways of making skinny dishes taste better. It's a gem.

I bought this cookbook for my wife. She always was cooking healthy but often the meals would not have flavor. This book cooks with great ingredients which makes the meals taste really good while if

you follow the portion sizes, you will lose weight. I've cooked about 80 percent of my meals from this book and have lost 30 pounds in 1 year! I love eating good food while eating health and losing weight!

I have been following Gina Homolka's blog since 2008, and have made plenty of her recipes; so when when I heard that she came out with a book, I was excited to check it out, and try new recipes. Let me tell you, they are good recipes, packed with flavor, and the pictures are inspiring; I do wish every recipe had it own picture, but I get that would make the book too long. It is definitely not a diet book. She focuses on quality and whole foods that are on the lighter side, but not tasteless. I would recommend this book.

This is one of my favorite cookbooks ever. I've tried about 4 of the recipes so far and the whole family loves them. The instructions are easy to follow. Some of the recipes do seem to take a while, but the end result is awesome for "skinny" recipes. The book is full of a variety of recipes to try. Would be really nice for a gift as well. LOVE it!

Creative, inventive, easy to use and follow, this SkinnyTaste Cookbook is perfect for someone like me, learning how to fix and present delicious meals for weight loss with no loss of flavor, subtlety, and variety of choices. This book is compatible with Weight Watchers programs, with much of Whole30, and will please the cook, family and guests alike. Gina Homolka is a master, and I'm grateful her cookbook's whole presentation is as creative, brilliant and tempting as the meals she creates for us. Buy this one!! It's special!!

I love this book. Pictures are lovely, recipes are easy to tweak and make your own, the calorie content and nutrition facts and protein content are on every page. Sure, you can probably find many of these recipes or a close copy of them on pinterest, but why bother with that when you can use that time for doing other things like focusing on actually cooking these fabulous meals???

My family loves this cookbook because the recipes are flavorful and healthy, with portions clearly marked. It is not paleo, not low fat (though it's lower fat--many foods that are traditionally deep fried are baked), not non-dairy, and all of this is okay with us. I don't want a book about steamed skinless chicken and broccoli. I've made about 10 recipes so far--9 were good and one sucked (just a warning: the curry chicken salad is awful because yogurt is a nasty tasting binder). 90% delicious is

a pretty good track record for a reduced calorie cookbook.

I love this cookbook (as well as the other SkinnyTaste cookbok) -- I am a beginner in the kitchen and the way this book is laid out is perfect for me. I love that the calorie intake is by each recipe, and that the recipes are well laid out (I never forget anything at the grocery store!), they're grouped together, and everything is easy to follow! I can't say enough good things about this cookbook, it's hands down a must for couples (or even singles, sometimes I can make the recipes and have left overs for lunch!)

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