



400 Calories or Less with Our Best Bites

Sara Wells

Kate Jones

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Body-conscious summer fashions and teeny-weeny swimsuits require mindful eating. The food-writing, recipe-developing duo of Sara Wells and Kate Jones are here to help with healthy recipes from their popular website and blog. In *400 Calories or Less with Our Best Bites*, you will find over 65 recipes for such temptations as Roasted Asparagus and Mushroom Pasta in Lemon-Cream Sauce, Burrito Pie, and PB&J Ice Cream Cookie Sandwiches, all surprisingly 400 calories or less.

Wells and Jones offer a well-organized production, with nutritional breakdowns, full-page color shots, and easy-to-follow instructions. Each recipe's "rollover ingredient," a term coined by the authors for perishable or uncommon items, is linked to other recipes that can use it up. Another index organizes recipes by category (slow cooker, gluten-free, meatless, etc.).

This cookbook is perfect for breezing through the preparation of summer meals when cooks would rather be outdoors enjoying balmy evening breezes than sweating under pressure in the kitchen. While cooking and prep times aren't stated, nearly all the featured recipes seem like they could be made in under an hour and don't involve elaborate techniques. Healthy, easy, low-calorie recipes—what a splendid combination.

RACHEL JAGARESKI (Summer 2015)

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