



# Healthy Helpings

*Norene Gilletz*

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**Healthy Helpings** Norene Gilletz

**The one-stop recipe source for optimal health.**

*"A delicious, nutritious compilation of recipes that every health-conscious individual will savor!"* -- Lisa Drayer. Registered Dietitian

Featuring 800 scrumptious and simple recipes with nutritional tips, an extensive pantry section and educational sidebars, **Healthy Helpings** is just right for embracing a lean lifestyle. These delicious, ethnically diverse recipes are perfect either for entertaining or as dishes the whole family will love.

Simple enough for the beginner and sophisticated enough for a well-seasoned home chef, the recipes in **Healthy Helpings** are heart-healthy and smart carb-friendly choices that complement almost any diet.

Here is a sampling of Norene's many choices for balanced eating:

- Broccoli and sweet potato soup
- Grilled tuna with mango salsa
- Passover pizza
- Mushroom risotto with sun-dried tomatoes
- Grilled orange teriyaki chicken
- Jumbleberry crisp
- Flourless fudge squares.

**Healthy Helpings** is a great resource for weight watchers, cardiac patients, diabetics and anyone else with weight or health concerns.

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