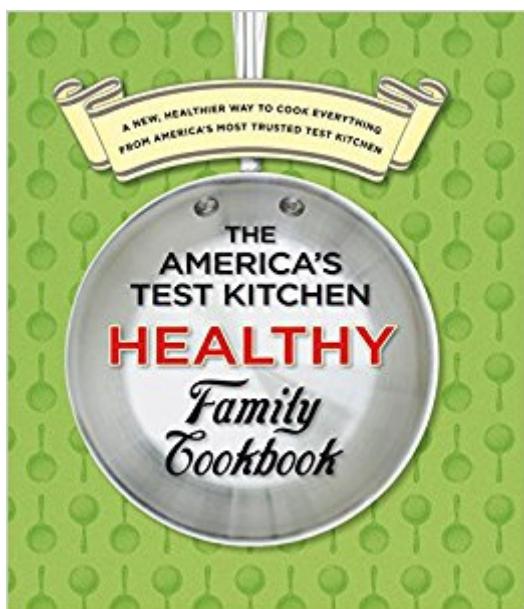


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# The America's Test Kitchen Healthy Family Cookbook: A New, Healthier Way To Cook Everything From America's Most Trusted Test Kitchen



## Synopsis

A groundbreaking addition to our best-selling ringbound cookbook series, this all-purpose cookbook delivers 800 foolproof recipes for healthier everyday fare from breakfast dishes and appetizers to pasta, meat, chicken, kid-friendly favorites, desserts, and more. With this comprehensive cookbook in your kitchen, eating well will no longer be a chore. Here we offer up all-American, homestyle recipes that won't leave you hungry from multigrain pancakes, lowfat spaghetti and meatballs, Tex-Mex meatloaf, skillet pizzas, hearty beef and vegetable stew, and creamy lowfat spinach lasagna to rich-tasting scalloped potatoes, fudgy brownies, rustic apple tart, carrot cake, and lots of simple fruit desserts. Here you'll also find naturally lean recipes like our Spa Chicken and Lemony Steamed Spa Fish as well as healthy vegetable and grain classics and an entire chapter of vegetarian main dishes. Cook from this volume and you'll learn tips and techniques that will forever alter the way you cook. Banish fried foods but still serve crispy chicken fingers, eggplant Parmesan, and oven-fried fish with our simple tricks (we toast the bread crumbs for that fried flavor). And learn to incorporate more vegetables and whole grains into all sorts of everyday dishes with easy recipes such as Hearty Ten Vegetable Stew, Chicken Baked in Foil with Fennel, Carrots, and Orange, Stuffed Acorn Squash with Barley, Multigrain Pizza Dough, Fusilli with Kale and White Beans, and Barley Risotto with Roasted Butternut Squash. And while we kept our eye on the bottom-line nutritionals, we also focused on using healthy ingredients too, so while some recipes might be a little higher in fat and calories, that is because they use nutritionally valuable foods like salmon, avocados, nuts, and seeds (and more). We also relied on many lower-fat ingredients here and we tell you which ones really measure up from ricotta and cream cheese to cheddar cheese, mayonnaise, and sour cream. Which one you choose and when you use it can make a big difference in your final dish. With this book in hand, home cooks everywhere will be able to make simple changes in how they shop, eat, and cook changes that will deliver a big payoff to their family's health.

## Book Information

Ring-bound: 528 pages

Publisher: America's Test Kitchen; 1st Ind edition (October 1, 2010)

Language: English

ISBN-10: 1933615567

ISBN-13: 978-1933615561

Product Dimensions: 9.4 x 2.5 x 10.2 inches

Shipping Weight: 4 pounds

Average Customer Review: 4.6 out of 5 stars 211 customer reviews

Best Sellers Rank: #205,399 in Books (See Top 100 in Books) #24 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory #66 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies #211 in Books > Health, Fitness & Dieting > Alternative Medicine > Holistic

## Customer Reviews

This book has been tested, written, and edited by the test cooks, editors, food scientists, tasters, and cookware specialists at America's Test Kitchen, a 2,500-square-foot kitchen located just outside Boston. It is the home of A Cook's Illustrated magazine and A Cook's Country magazine, the public television cooking shows A America's Test Kitchen and A Cook's Country from America's Test Kitchen, A America's Test Kitchen Radio, and the online America's Test Kitchen Cooking School.

Bought this cookbook on the recommendation of many people even though I normally pull recipes off the internet. As a family, we've tried about a dozen of the dinner recipes and every single one has been a big hit with the whole family. I do have to plan ahead when I shop because many of the recipes use ingredients I don't normally keep in stock but the main reason I bought this cookbook is to push us out of the dinner rut we have been in -- the same ten or fifteen dinners over and over -- so it make sense that we have to buy ingredients we don't normally buy. That was the whole point for us! I love that the dinners incorporate so many vegetables, that they are mostly kid-friendly (even the recipes not marked as such) and that the instructions are crystal-clear. My significant other is not quite as confident in the kitchen as I am and the clear directions make it easy for him to handle the dishes on his own. We will definitely be putting a lot more dinners into our rotation now.

Recipes and explanations are very good. Pictures and charts are very good. Covers a wide variety of food types and meals. To improve it, I would provide a chart showing prep times and cook times for each recipe in each section. Additionally, I would also provide charts for recipes by season and/or in season produce. Also, wouldn't be a bad idea to include suggested menus based on flavor compatibility and cook times.

I own probably a dozen ATK cookbooks, so if I was ever going to try a "healthy" cookbook, this one was the brand I knew I could trust most. Some really fantastic recipes in here. I'm more of a traditional southern/Texan style cook, so the recipes have to be flavorful and well done, even healthy versions, or they won't pass the test in our family. I have to admit that I was a little hesitant to add mustard and orange juice in the skillet chicken fajitas, but I knew that it would be our best place to start as a test for whether or not this cookbook would be a keeper. And to our Tex-Mex loving palates, we were all pleasantly surprised as to how much we loved it and that it was as good as any we've ever had in a restaurant or made at home. We've also loved the shepherd's pie and chicken parmesan. The peanut butter cookies, did not make a good impression though. Excited to try more recipes and see what will make it into our "loved" pile.

I love cookbooks, I usually use them mostly for inspiration, and tweak the written recipes according to my tastes and needs, but so far I have followed each and every recipe from this book exactly and have been THRILLED with the results! I've used it to make better versions of dishes I am already familiar with (like chicken parmesan) and to branch out into heretofore unexplored territory (pork and edemame stir fry, lo mein, and chicken enchiladas). So far each and every dish has been very tasty! The only thing that I wish was different about the book is that full recipes appear all on the same page. Many of the recipes are split between pages in such a way that you have to turn the page in the middle of cooking, which can be a little stressful if your hands are covered in gunk and you have a fast cooking dish going. Still, I feel like the quality of the recipes far outweigh the inconvenience of the split recipe layout. This is definitely the cookbook I would recommend to anyone who wants tasty food that has been made over in healthier ways whenever possible without destroying the flavor of the dishes. That being said, I would not say this is a "healthy" cookbook necessarily, but there are nutritional facts for each recipe, so at least you know what you are getting into. I feel this book is a great compromise for someone like me who is trying to suit the tastes of a typical Midwestern man (my husband is all about his meat and potatoes) while still trying to be more adventurous and incorporating fresher and healthier ingredients. This is also a wonderful book for new cooks as the recipes are all so written and explained that they are virtually fool-proof even for a novice.

I'm able to get my guys to eat healthier food. You don't know what a feat that is!

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Country. Healthy eating doesn't seem to be part of the the equation when these folks are developing recipes..and by the way, I have NEVER been disappointed with a single one. When I saw this "Healthy Family Cookbook" i thought I had to give it a try. there are some recipes that I am just not that into, but the few I have tried so far have been terrific. No one would ever guess these were "healthy eating" recipes. I do believe that being a devotee of all things American Test Kitchen has made me a better all around cook, and far more courageous than I otherwise would have been. Directions are thorough and the accompanying pictures -of the process- not just the finished product - are a great aid in tackling something new in the kitchen.

UPDATED a year later - see update belowOriginal Review: I love America's Test Kitchen. This book is wonderful! Great healthy recipes for families, with clear instructions and lots of photographs. Tons of recipes. Good vegetarian options too.\*\*UPDATE July 2015, about a year and a half after purchase - we have used this cookbook quite a bit since we got it, for healthy, fairly easy dinners. This was a very good purchase.

Fantastic recipe book. I took some other reviewers' advice and didn't purchase the "non-Healthy" version as well. This book is so helpful, it has a bunch of helpful little instructions, such as when to know when your meat is done and how to steam veggies in the pot or microwave and how much water to add. Very comprehensive, I love it. I got it in the mail two days ago and already two of my friends want one for themselves.

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