

COOKBOOK



THE WELL PLATED COOKBOOK

by Erin Clarke

Known for her approachable, slimmed-down and delicious recipes, Erin Clarke is the creator of the smash-hit food blog in the healthy-eating blogosphere, "Well Plated by Erin." Clarke's recipes are fast, budget-friendly and clever; she never includes an ingredient you can't find in a regular supermarket or that isn't essential to a dish's success.

In "The Well Plated Cookbook: Fast, Healthy Recipes You'll Want to Eat," Clarke shares more than 130 rapid-fire recipes, along with secrets to lightening up classic comfort favorites inspired by her Midwestern roots, and clever recipe hacks that will enable you to put a healthy meal on the table any night of the week. Many of the recipes feature a single ingredient used in multiple, ingenious ways, such as Sweet Potato Boats 5 Ways. The recipes are affordable and keep practicality top of mind.

From One-Pot Creamy Sundried Tomato Orzo to Sheet Pan Tandoori Chicken, all of the recipes are accessible to cooks of every level, and so indulgent you won't detect the healthy ingredients. As Clarke always hears from her readers, "My family doesn't like healthy food, but they loved this!" This is your homey guide to a healthier kitchen.

