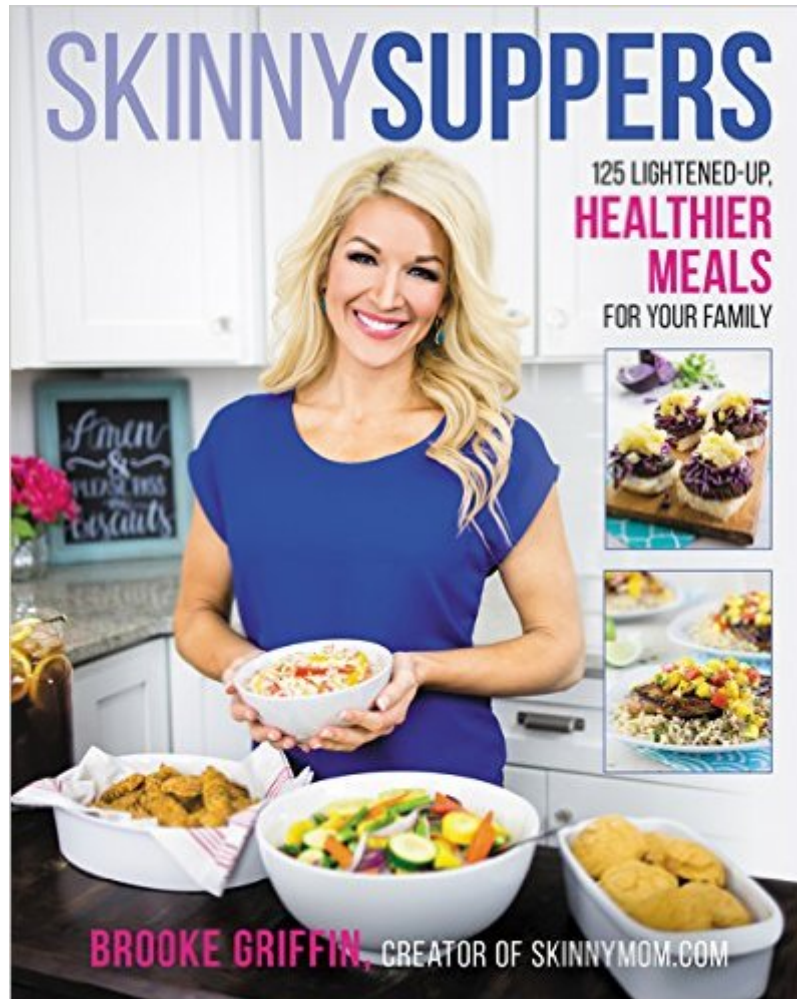


The book was found

Skinny Suppers: 125 Lightened-Up, Healthier Meals For Your Family



Synopsis

Serve up guilt-free, flavor-filled recipes every night of the week! Millions of loyal readers look to Brooke Griffin's popular Skinny Mom website for her special brand of skinny recipes, simple meal-planning techniques, and time-saving grocery lists. In her debut cookbook, *Skinny Suppers*, Griffin is on a mission to help you make smart, healthier choices and cook stress-proof, hearty meals for your family to enjoy around the dinner table. What's on the menu? 125 suppers and sides (including 25 fan favorites) like Philly Cheesesteak Stuffed Peppers, Supreme Pizza Pasta Casserole, Un-Sloppy Janes, and Loaded Nacho Soup. These are recipes you can feel good about—they're satisfying, lower in fat and calories, and, most important, delicious! Plus, most are under 350 calories per serving and take less than 30 minutes from prep to table. Let's get cooking! *Skinny Suppers* makes it easy with:

- Easy-to-find ingredients
- A month of suppers
- meal-planning calendar
- Twice as Nice recipes you can cook once and eat twice
- Slow-cooker and one-pot meals to save time and money

You, the busy home cook with no time to spare, will find reliable recipes and tips, inspiration and ideas, encouragement and excitement throughout this cookbook. Filled with photos, easy step-by-step instructions, and nutritional information, *Skinny Suppers* is the first step to getting your family back around the table for supper!

Book Information

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Customer Reviews

Supreme Pizza Pasta Casserole Prep Time: 10 minutes | Cook Time: 30 minutes | Serves: 6 |
Serving Size: 1 1/3 cups It's the best of Italy—pizza and pasta in one! It's fun for your toddlers, has a grown-up taste, and is surprisingly low in calories. This casserole will have

everyone at the supper table saying, 'That's amore!'

Calories: 314 | Fat: 9g | Carbs: 42g | Fiber: 8g Sugars: 10g | Protein: 22g

1. Bring a large pot of salted water to a boil over high heat. Cook the pasta to al dente according to the package directions. Drain and set aside.
2. In a large skillet over medium-high heat, cook the ground beef until no longer pink, 7 to 8 minutes. Use a wooden spoon to break the beef up as it cooks. Transfer the beef to a plate and drain any excess fat from the skillet.
3. Add the olive oil to the skillet over medium-high heat. Add the garlic, onion, bell peppers, and mushrooms and cook until the vegetables are softened, 4 to 6 minutes.
4. Preheat the oven to 350°F. Coat a 13 x 9-inch baking dish or a 14-inch round baking dish with cooking spray.
5. Return the cooked ground beef to the skillet and mix with the vegetables. Reduce the heat to low. Pour the pasta sauce into the skillet. Add the Italian seasoning and mix well. Stir the cooked pasta into the skillet, making sure to evenly coat the pasta.
6. Transfer the mixture to the prepared baking dish. Top with the mozzarella and pepperoni. Bake uncovered until the cheese is melted, 20 to 25 minutes.

Here's What You Need:

- 8 ounces whole wheat rotini pasta (I like Barilla)
- 1 pound lean ground beef
- 1 teaspoon extra virgin olive oil
- 1 teaspoon minced garlic
- 1 small onion, diced
- 2 green bell peppers, diced
- 1 (8-ounce) container baby bella (cremini) mushrooms, sliced
- 1 (23.25-ounce) jar Prego Light Smart Traditional Pasta Sauce
- 1 teaspoon Italian seasoning
- 1 cup shredded reduced-fat mozzarella cheese (I like Sargento)
- 17 slices turkey pepperoni

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