

****Kindle Best Seller****

How To Cook Healthy In A Hurry

Helen Cassidy Page



Quick and Easy

*50 Low Fat Recipes
To Make In 30 Minutes or Less*

How to Cook Healthy in a Hurry: 50 Quick and Easy, Low Fat Recipes You Can Make In 30 Minutes

Helen Cassidy Page

Free Gift For You

Before we get started, check out the How To Cook Healthy website below to get my gift to you of 5 free, delicious, sugar free dessert recipes and receive updates, promotions and tidbits you will enjoy.

<http://www.helencassidypage.com/how-to-cook-healthy-in-a-hurry-bonus/>

What Reviewers Are Saying

5.0 out of 5 stars

In a world of hurry this works!

This book "How to Cook Healthy in a Hurry" will make my top 5 list of mealtime go to helpers. Love the Fig and Raspberry parfait! And fast to prepare too! You just gotta have this on ready at hand for meal time.

Levi Foote

5.0 out of 5 stars

Jam packed with recipes!!

Who knew eating healthy could taste so good! I love dips and there were a couple that looked very simple to make. Can't wait to try more!

Patricia T.

5.0 out of 5 stars

Quick and Easy!

As a single dad with four hungry kids, I am always looking for ways to "Cook Healthy in a Hurry"! So the title caught my attention immediately. I can see from the instructions that they are very quick and easy to make (sometimes even more important than being delicious). I am excited to try these out on my kids because they are getting tired of my same old limited menu.

In the time it takes me to cook a hamburger helper, I could have a much healthier meal for my family.

Matson

Give How To Cook Healthy A Thumbs Up

Most cooks agree that a cookbook is worth the price if you find even one recipe that becomes a favorite. I hope you will find many recipes that will please you and make your kitchen life easier. If you do, please help me spread the word about How to Cook Healthy in a Hurry. Tell your friends and please give it a positive review Amazon by clicking on this link or going to the very last page of this book:

<http://www.amazon.com/kindle-store/dp/B00AP980WG>

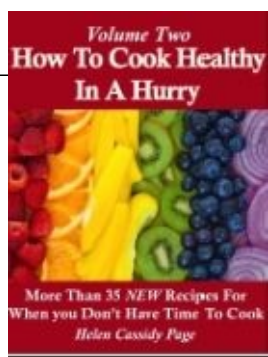
Happy Eating

Helen

Get all the How To Cook Healthy In A Hurry books by clicking on the links below:

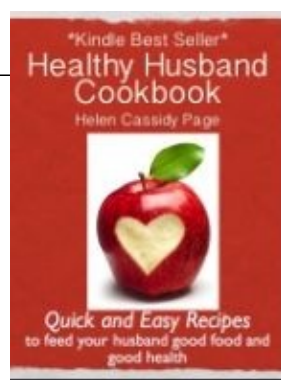
How To Cook Healthy In A Hurry, Volume 2

<http://www.amazon.com/How-Cook-Healthy-Hurry-ebook/dp/B00C3OHEGE/>



The Healthy Husband Cookbook

<http://www.amazon.com/The-Healthy-Husband-Cookbook-ebook/dp/B00BEBOW8K/>



The Soup Diet Cookbook

<http://www.amazon.com/Soup-Diet-Cookbook-Delicious-ebook/dp/B00BRRZQC2/>

Kindle Best Seller

Soup Diet Cookbook



Lose Weight Naturally
Without Hunger
Helen Cassidy Page

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My name is Helen Cassidy Page and for almost 40 years I have been teaching cooking and writing about food. In all those years, there is one thing I hear over and over. *Helen, I want to feed my family great meals, but I don't have time!*

LET MY 40 YEARS OF EXPERIENCE SOLVE THAT PROBLEM

Whether you are a kitchen ninja or a wanna-be-chef trying to figure out the difference between a spatula and a cell phone, you need fast and delicious recipes that will make mealtime easier, healthier and happier. Am I right?

How to Cook Healthy in a Hurry is not just a cookbook. It is a cooking course, where, in 50 delicious recipes for soups, salads, main courses and desserts, you will learn my secrets and tips to help you transform dinnertime from a chore to a pleasure.

HOW TO COOK HEALTHY IN A HURRY WILL TEACH YOU . . .

- To choose and read recipes for mealtime success
- To adjust recipes to suit your own tastes
- To make smart shortcuts when shopping and cooking
- To read labels to avoid ingredients that can harm you
- To choose kitchen helpers that are good for you
- To use the 80-20 Rule
- To stock your pantry, outfit your Healthy in a Hurry kitchen and use the best cooking methods to make prep, cooking and cleanup a breeze and mealtime a pleasure
- 50 of the best fast, healthy recipes mouth-watering recipes that will have you and your family begging for seconds

THIS BOOK IS NOT:

- A hodge-podge of all the recipes in the known universe so large it just confuses you;
- A guilt trip to steer you away from the foods you love;
- A weight-reducing program (though it won't load you up with too many diet-busters);
- A push to save time with convenience foods loaded with more chemicals than the periodic table in an effort to save time in the kitchen.

THIS BOOK IS:

- A cooking and eating plan that simply uses natural, unprocessed ingredients and no-fuss cooking techniques;
- A collection of 50 easy and delicious recipes everyone will love to give your body sound nutrition, your taste buds a pleasure fest and get you out of the kitchen as fast as possible;
- The smart, modern approach to eating for everyone who wants delicious, healthful food, with minimum of work, even if you never have to worry about the numbers on your scale.

WHAT DID YOU HAVE FOR YOUR LAST TEN MEALS?

Cooking is more than a list of ingredients, gadgets and techniques. It is a philosophy.

My philosophy is that life is too short not to eat well, every time we sit down to a meal.

Yet, a study done some years ago revealed that most families eat the same ten dishes year in

and year out. Quite astounding really, when there are thousands of recipes available from every region of the world, enough to provide a different delicacy at every meal for an entire lifetime.

Think about **your** last ten meals. Was every dish a surprise--exciting and delicious? Or did you fall into the “same old ten dinners” rut?

If the food you like takes too much time to prepare, or you don't have the energy at the end of the day to spend hours coming up with something new, or you think healthy is boring, difficult or too expensive, they probably were. **How To Cook Healthy in a Hurry** will change all that.

THESE RECIPES ARE FOR EVERYBODY

Whether you need kid-friendly dishes like tacos and burgers or elegant date-night specials like steak with wine sauce, you will find dishes that will please singles and families, adults and kids, people who eat to live and those of us who live to eat. But wait. There's more.

You've heard the expression, give a man a fish and he will eat for a day, teach him to fish and he will eat for a lifetime.

So you won't just get delicious recipes for crowd-pleasers such as:

Best Black Bean Chili
Chicken Parmesan
Cherry Pistachio Crisps

You will find a mini-cooking course here; all the secrets to cooking, shopping and planning your kitchen that will help you improve all your meals. From now on you will be able to cook and shop smarter healthier and faster. So let's get cooking.

WHAT DOES IT MEAN TO COOK HEALTHY IN A HURRY

Healthy nutrition simply means making wise choices. Learning to read labels to avoid additives that are known health risks. Opting for fresh, seasonal, pesticide-free produce. Buying wild fish and free range meat and poultry that are not raised on diets loaded with antibiotics and other chemicals that can harm us.

But healthy and SMART nutrition also means using those nifty kitchen helpers that will aid in getting dinner on the table without pulling out every pot and pan in your kitchen. Healthy in a Hurry encourages you to speed up dinner time by taking advantage of commercial sauces, condiments, frozen vegetables and rice, canned fruits and sauces that are as healthy as if you had made them from scratch.

THE 80-20 RULE: OR PEOPLE WHO WALK DOWN THE MIDDLE OF THE ROAD GET HIT FROM BOTH SIDES

Healthy eating is not about achieving perfection or never veering from a 100% healthful, organic, pesticide and chemical free diet. It is about making wise choices and balance. When you want to indulge in a salty, crispy, fatty, sugary treats with ingredients not found in nature, go ahead. Enjoy as long as you follow the 80-20 rule.

In many areas of life we are discovering the 80-20 rule. It seems to be a law of the universe. In business, for example, it is often true that 80% of effort produces 20% of return.

In healthful cooking, *assuming you have no dietary restrictions*, if you follow health-conscious guidelines 80% of the time, then approximately 20% of the time you can stray from the program—whatever your nutritional commitment is—and still achieve your goals. That means the bulk of your meals will have lots of fresh, pesticide-free produce, whole grains, fish, lean meat and poultry. Most meals will shy away from excessive sugar, fats and overly processed foods like white flour, snacks and convenience foods. But you can also splurge from time to time guilt-free.

Therefore, with the 80-20 rule, you will find in this book some yummy, calorie intensive recipes that use bacon, cheese, cream, sugar and other ingredients the diet police tell us to avoid. But when these ingredients are used in moderation in a recipe (such an ugly word but oh it makes so much sense), they add plate appeal, taste appeal and can offer cooking shortcuts.

Just keep the treats at approximately 20% of your total intake and the good-for-you stuff a whopping 80% of your meals. That's all. No counting calories, carbs or grams (unless your doctor tells you to). Use common sense and eyeball what you're eating.

The 80-20 rule allows you to balance your diet the healthy, easy way, without relentless counting of fat and calories.

So let's get started.

HOW TO READ A RECIPE

We make a big mistake when we assume that just because a recipe is short, the dish will be easy. Consider this recipe for a roast chicken from an 18th century cookery book, back when recipes were called receipts.

Wring neck of chicken, pluck it, clean it and roast it on a spit until done.

Yes, the whole recipe is just one sentence long. But it would take me all day just to work up my nerve to catch a live chicken.

On the other hand, many cooks shy away from a recipe that covers a page or two, thinking it will take hours to prepare. However, the time it takes to go from stove to dinner table may only be 15 or 20 minutes, but the thoughtful recipe writer has included all the hints, tips and tricks you need to make it foolproof. Taking a minute or two read a lengthy recipe could improve your knowledge every time you cook, even if you are an experienced chef. There is always some new trick to learn, without necessarily adding to your time in the kitchen.

However, some recipe writers condense recipes to make them look easy by enticing you with just a few instructions. Unfortunately, many of these so-called quickies can leave out important information and leave you wondering why the dish didn't turn out as described. Don't let this type of short recipe dampen your enthusiasm for cooking and make you doubt your skills because it didn't work. Here are a few recipe-reading tricks to help you plan your menus.

YOU ARE THE MASTER OF YOUR KITCHEN: DON'T BE A SLAVE TO A RECIPE

First of all, remember that it is your kitchen, your mealtime. No recipe, even if it comes from the most celebrated chef or restaurant, will flavor all dishes to please all diners. Over time, we develop our own preferred tastes and techniques. When a recipe instructs you to season to taste, it means just that. Add seasonings so that the dish makes you happy, even if it means eliminating the garlic or adding more ginger or experimenting with herbs where none are called for in the recipe. If you have invented a trick to make a recipe easier or tastier, whether in this book or any other, use it.

When a recipe goes wrong, is it your fault or the recipe writer's? Sadly, not every recipe published in books or on line is tested, unless it is from a reputable blogger, cooking magazine, publisher or cookbook like this one. Sometimes very good cooks are not very good at documenting their recipes. Steps and ingredients get left out or the timing isn't accurate.

They might be like my Aunt Nellie who took the best recipes I've ever tasted for shortbread and batter fried fish with her to the grave. When I asked how to make them, she said, oh just put some flour and shortening in a bowl and mix it. Huh?

If you followed all the instructions to the letter and the dish was just a half a turn off, it could be because your stove or cookware had different heating properties or the ingredients and brands you used were not exactly like the writer's. Be prepared to make minor adjustments to a recipe, but if it is a disaster, move on to something else.

When choosing a recipe to beat the clock, consider these points:

- Cooking time isn't always an indication of the relative ease or difficulty of a recipe. Look at the number of steps involved and the time each takes. A stir-fry recipe may cook quickly at the last minute. However, you may not have enough time to chop all the meats and vegetables and prepare all the sauces beforehand. On the other hand, a roast chicken takes up to two hours depending on the size and method, but only minutes to get it into the oven.

- Be sure you understand the cooking times for all the steps.

- Check if you can prepare things simultaneously. While your vegetables are browning or the chicken is marinating, can you prepare a salad or put a glaze together for the entrée? If you have to devote all your time to one dish, as for deep-frying for instance, chances are you won't get dinner on the table in less than 30 minutes.

- If you have a long list of ingredients, do they have to be prepped or cooked separately? Or can you just put them in the pot and let them simmer?

- Is there a way that you know that will streamline the dish or perk up the flavor to suit you and your family's tastes?

As someone once said, be fearless when you dance, and I would also add, be fearless you cook.

You won't hurt my feelings if you use these recipes as a jumping off place to create your own version that ultimately delights you and your family.

FIGHT FEAR OF RECIPES WITH THE HEALTHY IN A HURRY COOKING PLAN

Mealtime can find us scattered from the day, struggling to switch gears from work to hearth. Hmm, you think, scanning a recipe, where do I start?

The Healthy in a Hurry Cooking Plan is your roadmap to the dinner table. This brief guide shows you where to start and where to finish. Even if a recipe is dense with important information that takes up many paragraphs, this ingenious aid outlines the steps to follow up front, so you can see at glance how to proceed with each recipe and how long it will take.

THE HERE'S A TIP FEATURE

In addition to the Cooking Plan and detailed instructions, Healthy in A Hurry points out labor or money saving tips and tricks. You will find them listed under “Here’s A Tip” rather than buried in the recipe for you to figure out on your own. These tips will enhance your skills and all of your meals.

UP AGAINST THE WALL, SHOPPERS

Supermarket designers have made healthful shopping easy. When you enter your favorite market, head for the walls. That is where the supers stock the produce, dairy, fish and meat, the fresh unprocessed, chemical-free, seasonal items you want for most of your meals.

Tread carefully around center aisles where the processed, pretend food lives. You know, the boxes and cans that contain more items from the Periodic Table than the vegetable garden.

Healthful shopping means that your ancestors would recognize the meal you put in front of them. It will contain fresh, sustainable produce, fish, meat and dairy with a minimum of ingredients you have to look up in a dictionary to know what they are.

Choose as many organic, pesticide-free fruits and vegetables as possible. Pick free-range beef and poultry, and avoid farmed fish in favor of ocean-caught with sustainable fishing practices.

When you do use flavor intensifiers and kitchen helpers out of a box, jar or can, make sure they follow the same rule—they should have real food ingredients with no or minimal additives, excessive high fructose corn syrups and other sweeteners or hydrogenated or partially-hydrogenated oils—the ones that turn healthy fats into artery busters. Make reading labels your mantra so you always know what you and your loved ones are consuming.

HOW TO READ A FOOD LABEL

Federal law requires all packaged foods to have labels that include nutritional information by weight. The first five ingredients listed have the largest volume. Think of the 80-20 rule. If there are too many chemicals—the words you can't pronounce—in those first five ingredients, choose something else. Processed foods did not become popular until after WW2. If you would have to explain to a farmer from the 1920's what's in a package, you should probably make another selection.

Not all additives are harmful. Citrates, for example, are often packed in tomatoes and won't harm you. If you have a sensitive palate though, you might taste this preservative. You will find pectins in preserves as thickening agents that are perfectly fine. Deciphering labels as a step to good nutrition is a learning process, one well worth the effort. Let technology help you. Scan the Internet for sites on nutrition and to help you identify puzzling ingredients.

By all means, use kitchen helpers that come in cans and packages, such as broths, tomato sauces and frozen items. Many producers are on the bandwagon supplying us with healthful convenience foods. Markets such as Trader Joe's and Whole Foods specialize in these items. Dress up fresh, seasonal produce, meats, fish and poultry with flavor intensive commercial glazes, dressings, sauces and condiments. You will find many products available in supermarkets and online that will make your busy life easier, spark up your meals and leave you with some energy to spare to enjoy your evening with family and friends. Just read the labels before you buy.

BEST HEALTHY IN A HURRY COOKING METHODS

While we love slow braised short ribs and mouthwatering tender stews that simmer for hours, they aren't the dishes you throw together after a busy day at work. By all means, enjoy these dishes, but save labor-intensive recipes for a weekend or special occasions. How do you know the difference? Here are some guidelines

Choose Recipes That Call For These Quick-Cooking Methods

- Sautéing
- Broiling
- Steaming
- Pan Frying
- Grilling
- Poaching

Avoid These Slow-Cooking Methods

- Braising
- Roasting meats and whole poultry
- Long marinating times
- Stews
- Brining
- Deep-frying

THE HEALTHY IN A HURRY PANTRY

A well-stocked pantry is the secret to great Healthy in a Hurry meals. With a good supply of staples and kitchen helpers on hand, you don't have to make last minute runs to the supermarket, or use second rate substitutions because you have run out of a key ingredient.

Here is a suggested list of items to keep on hand to help you create the recipes that follow. It by no means a complete list of must haves, but it is a start. Add to it as you experiment with interesting products that suit your and your diners' tastes.

Have On Hand In The Refrigerator:

Note: use organic dairy products and cage-free eggs; use pesticide-free produce, especially for items without a skin you would peel and discard; use grass-fed beef and free-range poultry

Butter

Lower fat and calorie butter-like spreads made from yogurt and healthy oils

Milk

Plain yogurt

Light sour cream

Onions

Garlic

Baby carrots

Red peppers

Greens

Chemical-free bacon, pancetta and low fat sausages

Relishes, bottled chutneys and savory spreads, such as olive tapenade

Lemons and limes

Parmesan and other favorite cheeses

Fresh herbs such as parsley, cilantro and basil

Have On Hand In The Cupboard:

Variety of pastas

Canned tuna, salmon and clams

Bottled clam juice

Chicken, beef and vegetable broth (try Better Than Bouillon)

Refried, white and other canned beans

Asian fish sauce

Hoisin sauce

Soy sauce

Hot sauce

Canned fruit without excessive sugar

Mandarin oranges and apple sauce

Raisins and other dried fruits

Nuts

Bread crumbs and bread cubes

Tortillas, corn, wheat and whole wheat

Crusty, home style breads

Oils and vinegars

sample content of How To Cook Healthy In A Hurry: 50 Quick and Easy, Low Fat Recipes You Can Make In 30 Minutes (Volume 1)

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