



# EatingWell Serves Two: 150 Healthy in a Hurry Suppers

*Jim Romanoff, The Editors of EatingWell*

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**A fusion of simplicity, healthy ingredients and just-right quantities, these delicious, exciting new recipes are designed for today's growing world of empty-nesters, couples without children and smaller households.**

For millions of fast-paced, modern households, the old cookbook standard of "serves four" is increasingly outdated and a daily nuisance. With more than 77 million baby boomers adjusting to the Empty Nest Syndrome, and with their adult children setting up their own new homes, there is a mounting demand for quick, easy, healthy recipes yielding fewer servings.

But cooking for two people or even singles isn't as simple as cutting a recipe in half. In *EatingWell Serves Two*, the award-winning editors and recipe developers for America's leading food and nutrition magazine have created 150 dinner recipes from their hugely popular "Healthy in a Hurry" and "Serves Two" columns to meet the specific needs of smaller households.

More than a cookbook, *EatingWell Serves Two* provides a smart guide for how to shop in small quantities, how to store leftover ingredients, keep a well-stocked pantry and use easy cooking strategies that result in minimal waste while putting a healthy, delicious meal on the table in 45 minutes or less. Filled with mouthwatering photography and tips on shopping, planning and simple cooking for two with healthy ingredients and without waste. Full-color photographs throughout

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