

# Download Healthy Cooking Better Than Ever

We all want the same thing: a delicious (and healthy!) inexpensive dinner. Try our recipes, each a healthy dinner idea full of nutrition without skimping on taste. Plus, at less than \$3 per serving and under 500 calories, our cheap healthy meals are easy on the wallet and the waistline. These will make you feel good about feeding the family! Sure, apples, broccoli, olives, and yogurt make any healthy eating list. But the science behind these healthy foods shows they're so nutritious, they're practically medicinal. Fully revised and better than ever, this new edition of Healthy Calendar Diabetic Cooking is packed with new recipes to give cooks with diabetes over a year of delicious, diabetes-friendly meals. When cheese-filled tortellini is the noodle in your chicken noodle soup, the whole bowl gets a hearty upgrade. Using cheese-filled tortellini as the noodle here adds more flavor than plain pasta; a hint of miso further enriches the broth.