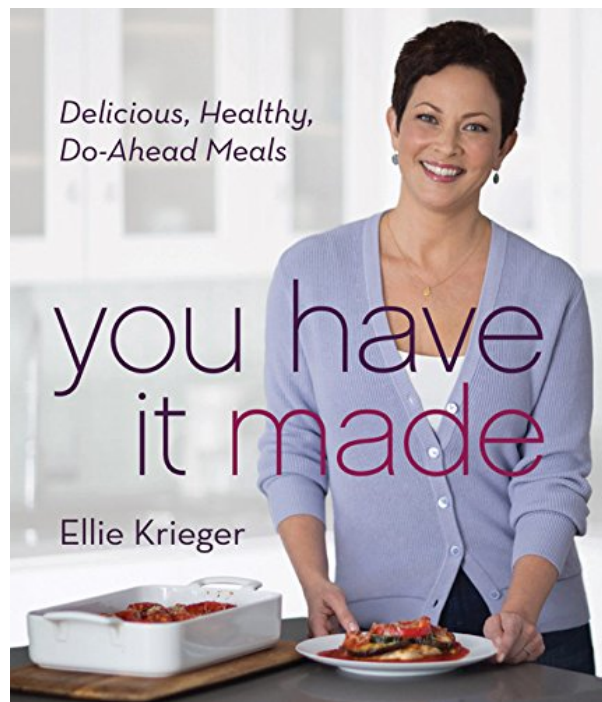
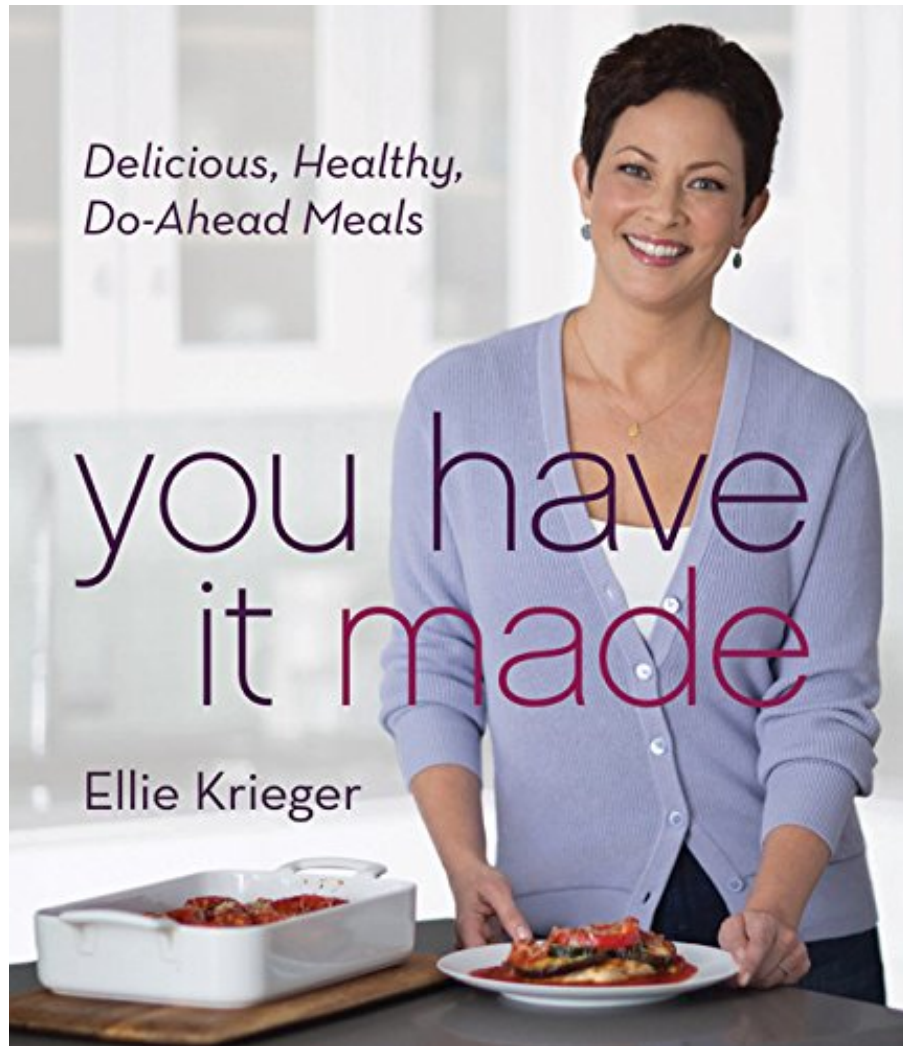


YOU HAVE IT MADE: DELICIOUS, HEALTHY, DO-AHEAD MEALS BY ELLIE KRIEGER



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From Publishers Weekly

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Review

"Besides being vibrant, flavorful, and healthy, these recipes make it easy to put a good, homemade meal on the table even when you have no time to cook. Way to go, Ellie!"— CARLA HALL, chef, author, co-host of *The Chew*

"I have long been a fan of Ellie's balanced approach to food and I love the recipes and stunning photos in this book! The fact that they are all make-ahead is a huge help for busy people who want to eat healthy."— GINA HOMOLKA, author of *The Skinnytaste Cookbook*

"Cooking at home can be easy but it's challenging to make the right food choices. There is so much to choose from and so many decisions to make. . . . With Ellie Krieger's new book, she leads you on a clear path to good eating that strikes a great balance between healthy and delicious. She teaches self-sufficiency through simplicity and makes anything from a yogurt parfait to a homemade braise doable. Give it a try!"— ALEX GUARNASCHELLI, chef

About the Author

New York Times best-selling author and registered dietitian ELLIE KRIEGER was the host of *Food*

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Make-ahead recipes from the longtime Food Network star and best-selling author

Ellie Krieger, New York Times best-selling and multi-award-winning author, has written a cookbook devoted to the kind of recipes that her fans have been waiting for—make-ahead meals. For those who are always short on time when it comes to cooking, Ellie is here to help. Her recipes—which include breakfast bakes, soups, salads, casseroles, and more—can all be prepared ahead of time, making putting food on the table that much easier. Each recipe includes instructions for refrigerating and/or freezing as well as storing and reheating directions. With exciting dishes like the Pumpkin Spice Overnight Oats in Jars and the Herbed Salmon Salad, you'll be able to have meals ready days in advance. As with her other books, all of Ellie's recipes are healthy and come complete with nutrition information. But that doesn't mean they sound like diet food! Just look at the Creamy Tomato Soup, Chicken Enchilada Pie, and Smoky Smothered Pork Chops, to name a few. *You Have It Made* helps you turn your fridge and freezer into a treasure chest of satisfying, good-for-you meals.

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- Binding: Hardcover
- 352 pages

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Most helpful customer reviews

61 of 63 people found the following review helpful.

... reviews but I just have to say that I love this new book by Ellie

By Canada girl

I am not one to write reviews but I just have to say that I love this new book by Ellie. I have all of her previous cookbooks and I really like her philosophy when it comes to eating - she's realistic but also health conscious. Her recipes always turn out for me and she uses normal, easy to find ingredients.

This particular book really helps to prepare meals in a way that allows you to have extra for another day, or plan ahead so that whipping up a delicious meal on a weekday is a breeze. I pre-ordered this book and received it a few days ago, and have already cooked a number of things from it. The pumpkin waffles were a delight and even my picky kids gobbled them up. I also made the salmon, feta and orzo skillet meal and it was amazing - very different than how I've ever prepared salmon, and once again my kids tried it and liked it! I was shocked. I have not been able to get them to eat salmon before this dish. I'm looking forward to making more delicious recipes in the coming weeks.

While the pictures are lovely, I do wish there were more of them included as I am usually inspired to cook when I see a picture of the finished dish - there are a number of pictures but I'd say one for every 4 recipes. There is complete nutritional information provided for each recipe which I find very helpful when trying to plan my meals. Interestingly enough, there are no dessert recipes included but you will find plenty of recipes for breakfast, lunch, dinner and sides. The index is also very well done. The book is beautifully published and unlike her previous books it doesn't have a dust jacket. Finally, Ellie's warm personality shines through in this book as in her previous books - she seems like such a lovely person. I love that she seems to be such a foodie, like me - and I appreciate that she shares ways to enjoy good food with a healthy twist. I will definitely be recommending this book to my family and friends.

35 of 37 people found the following review helpful.

Beautiful, well-thought out cookbook

By Jennilyn Schaffer

Ellie Krieger's beautiful new cookbook just arrived today and I've thoughtfully flipped through every single page and read through many recipes that sounded fantastic (as always -- duh, it's Ellie)! This book has a lot of heart and soul poured into it. I can tell you that because she has thought of everything. The recipes' descriptor tells you different ways to enjoy it then below the recipe, she tells you how to refrigerate and serve

later or freeze and serve later. There is info on serving size, calories, and even the vitamins and minerals are in it. Just shows you that she knows food and done her homework! I will post again after I've cooked up some recipes but I've bought and enjoyed all of her past books and I know that these recipes will work!

21 of 22 people found the following review helpful.

wonderful information for preserving each recipe!

By H. Fineman Amazon Customer

Great recipes, but even more important are the detailed instructions regarding how to preserve the recipes after cooking.

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