

[PDF] The South Beach Diet Super Quick Cookbook: 200 Easy Solutions For Everyday Meals

Arthur Agatston - pdf download free book

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Description:

Book Description

Now fast food is superhealthy, thanks to hundreds of brand new quick-and-easy recipes from the test kitchens of the South Beach Diet.

From meal planning and shopping to prepping, cooking, and serving, you'll save hours of time with this speedy cookbook that makes leading the South Beach Diet lifestyle easier and more convenient

than ever.

With 200 family-pleasing recipes and 60 taste-tempting color photographs, you'll be able to serve up a fast, delicious, diet-conscious meal every night of the week.

The South Beach Diet Super Quick Cookbook includes:

- Grab-and-Go recipes for healthy eating on the go
- Cook Once, Eat Twice dishes that maximize your time in the kitchen
- Recipes for Two that minimize waste and leftovers
- Nearly instant recipes that are ready in 15 minutes or less
- Tips for Super-Quick, Budget-Conscious Shopping
- Ideas for getting the most out of your pantry and freezer

From The South Beach Diet Super Quick Cookbook: Inside-Out Cheeseburgers

These unique cheese-stuffed burgers feature flaxmeal, which is high in cholesterol lowering soluble fiber and heart-healthy alpha-linolenic acid (ALA). If you can only find whole flaxseed at the market, simply grind it into meal in a spice grinder or small coffee grinder. If you're skipping the bun, just sprinkle a little balsamic on top of the tomato.

Ingredients

Hands-on time: 10 minutes, Total Time: 20 minutes

1 1/4 lbs lean ground turkey
1/2 cup flaxmeal (2 ounces)
1/2 small red bell pepper, finely diced
2 scallions, thinly sliced
6 tbsp reduced-fat soft goat cheese,
preferably one flavored with herbs or garlic
3/4 tsp salt
4 tsp extra-virgin olive oil
4 very thin whole-wheat sandwich rolls (1.5 ounces each) split
or 8 slices multigrain bread (optional)
1 tbsp balsamic vinegar
4 thick slices tomato
Bibb lettuce (optional)

Directions

In a large bowl, combine the turkey, flaxmeal, bell pepper, scallions, 2 tablespoons of the goat cheese, and 1/2 teaspoon of the salt. Using your hands, blend well and form into 4 balls. Poke a hole into the center of each ball and stuff each with 1 tablespoon of the remaining goat cheese. Pinch the turkey mixture to seal in the cheese and gently form into 4 patties. Make them as flat as you can (to speed the cooking), taking care not to squeeze the cheese out.

In a large nonstick skillet, heat the oil over medium-high heat. Sprinkle the pan with the remaining 1/4 teaspoon salt. Reduce the heat to medium, add the patties, and cook until browned on 1 side, about 3 minutes. Turn the patties over and cook for 2 minutes longer. Add 1/4 cup water to the pan, reduce the heat to a high simmer, and cover. Cook for 8 to 10 minutes, until the burgers are cooked all the way through.

Meanwhile, lightly toast the sandwich rolls, if using.

To serve, brush 1 side of each of 4 roll halves with the balsamic vinegar. Top with a burger, a tomato slice, lettuce (if using), and the other roll half.

(Makes 4 Servings)

About the Author Arthur Agatston, M.D., is a preventive cardiologist and associate professor of medicine at the University of Miami Miller School of Medicine. In 1995, Dr. Agatston developed the South Beach Diet to help his cardiac and diabetes patients improve their blood chemistries and lose weight. Since then, his book *The South Beach Diet* and its companion titles have sold more than 22 million copies. Dr. Agatston has published more than 100 scientific articles and abstracts in medical journals, and recently he received the prestigious Alpha Omega Award from New York University Medical Center for outstanding achievement in the medical profession. He lives in Miami Beach with his wife, Sari.

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