# **HEALTHY AND EASY RECIPES**



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#### Healthy and Easy Vegetable Recipes thespruceeats com

These vegetable recipes will delight and inspire you. From healthy and easy steamed and roasted vegetables to rich and inviting casseroles and gratins, you're sure to find a recipe in this list.

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# **Quick and Healthy Recipes Cooking Light**

Find quick menus and fast recipes for healthy weeknight meals your family will love.

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#### Healthy Dinners in 40 Minutes or Less Healthy Meals

With a few healthy swaps, it's easy to make a lighter take on traditional egg salad. Divide the egg salad among the lettuce leaves, top with sprouts and roll up for a hand-held meal.

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#### 41 Low Effort and Healthy Dinner Recipes Eatwell101

T his is your best-friend guide to cook delicious, healthy dinners for you and your family with minimal effort. On the table in 30 minutes or less, these super easy and healthy meals are also a great option to grab the basics if you re just getting started learning to cook!

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