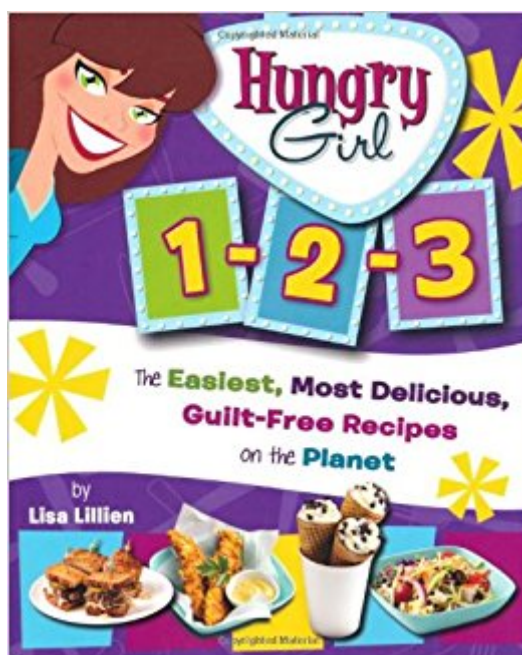


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# Hungry Girl 1-2-3: The Easiest, Most Delicious, Guilt-Free Recipes On The Planet



## Synopsis

With more than 200 recipes and two-ingredient "couples" to choose from, you'll never be hungry again! Get ready to chew on: Crazy Pineapple Salmon Teriyaki (347 calories) Mom-Style Creamy Chicken 'n Veggies (307 calories) Queen-of-the-Castle Sliders (254 calories) Caramel Swirl Cream Puffs (121 calories) Corndog Millionaire Muffins (160 calories) Chili Cheese Dog Nachos (218 calories) Turkey & Veggie Meatloaf Minis (142 calories) Planet Hungrywood Sweet & Cap'n Crunchy Chicken (234 calories) Shrimp & Grits . . . for Hungry Chicks! (380 calories) Cannoli-Stuffed French Toast Nuggets (228 calories)

## Customer Reviews

Book Review Are you hungry? The number-one New York Times bestselling phenomenon is back--with even more yum-a-licious guilt-free recipes. This time, the easiest ones on the planet! Hungry Girl's recipes aren't just delicious, they're SUPER-SIMPLE, too. Hungry Girl 1-2-3 will help you make the world's most delicious guilt-free appetizers, meals, snacks, desserts, etc., with practically no effort whatsoever! There are loads of crock-pot recipes, microwavable meals, HG's famous "foil packs," and more. Some are such a cinch, you won't even have to turn on the oven or stove! Really. Try Your Hand at These Easy Recipes from Hungry Girl 1-2-3

Chunky Veggie Pumpkin Chili Our friend canned pumpkin is at it again, adding fun, fiber, and flavor to this incredible chili. The taste is mellow but can easily be spiced up with extra cayenne or some hot sauce. Ingredients (Makes 11 Servings) One 28-ounce can crushed tomatoes One 15-ounce can pure pumpkin 2 teaspoons chopped garlic 1/2 tablespoon cayenne pepper, or more to taste 1 teaspoon chili powder 1 teaspoon pumpkin pie spice 1/2 teaspoon salt, or more to taste 1/2 teaspoon ground cumin One 14.5-ounce can diced tomatoes One 15-ounce can chili beans (pinto beans in chili sauce), not drained One 15-ounce can black beans, drained and rinsed 1/2 cup canned diced green chiles 2 cups chopped portabella mushrooms 1 1/2 cups chopped zucchini 1 1/2 cups chopped onion Directions Add crushed tomatoes, pumpkin, garlic, and all the seasonings to the crock pot. Mix well. Add diced tomatoes, both types of beans, diced green chiles, and all the veggies. Stir thoroughly. Cover and cook on high for 3 to 4 hours or on low for 7 to 8 hours.

Holy Moly Cannoli Cones These might actually be the cutest food items in the entire book. But let's put adorableness aside for a moment . . . they TASTE AWESOME!!! Try serving these at parties and your events will immediately become 37 percent more enjoyable. Ingredients (Makes 6 Servings) 1 cup plus 2 tablespoons fat-free ricotta cheese 2/3 cup Cool Whip Free, thawed 2 1/2 tablespoons Splenda No Calorie Sweetener (granulated) 1 tablespoon

sugar-free fat-free vanilla instant pudding mix 1 tablespoon powdered sugar 2 tablespoons mini semi-sweet chocolate chips, divided 6 sugar cones (like the kind by Keebler) Directions Place all ingredients except chocolate chips and sugar cones in a medium bowl. Using a handheld electric mixer set to high speed, mix until fully combined and fluffy. Fold in half of the chocolate chips. Transfer mixture to a large plastic bag, squeezing it down toward one bottom corner of the bag. Snip that corner off with scissors, so that you have a makeshift piping bag. Gently squeeze the ricotta mixture into the cones, evenly distributing it among them. Sprinkle the remaining chocolate chips evenly on top of the filling in each cone.

“Finding easy and delicious recipes can be difficult, but the Hungry Girl does not disappoint. With her signature creative culinary flair, Hungry Girl 1-2-3 provides you with a variety of recipes that are healthy and delicious.” DietsinReview.com

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