



# The EveryGirl's Cookbook

*Maria Menounos*

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## **The EveryGirl's Cookbook** Maria Menounos

*E! News* host Maria Menounos adds to her *New York Times* bestselling EveryGirl book series with this essential collection of 150 easy-to-prepare and delicious recipes for the busy EveryGirl looking to eat well every day of the week!

“I get asked all the time what I eat and what I cook. Well, here it all is: recipes with few ingredients that are so simple and easy you’ll have no excuse not to make them. Everyone at your table will be begging for seconds!” Inspired by her healthy Mediterranean heritage, her hectic schedule, her beloved Greek family—and packed with beautiful photos—*The EveryGirl’s Cookbook* focuses on fresh and natural ingredients that yield a wide variety of both healthy and splurge-worthy food, including

**Breakfast:** Strawberry Shortcake French Toast, Apple Pie Quinoa Porridge, Sweet Potato and Black Bean Breakfast Burrito

**Lunch:** Three-Bean Power Salad, Caramelized Veggie Flatbreads, Kale and Lemon Oil Pizza

**Dinner:** Melted Baked Ziti with Charred Cauliflower, Double-Cheese-Stuffed Artichokes, Spinach and Walnut-Stuffed Portobello Mushrooms

**Entertaining:** Meatball Sliders, Sloppy BBQ Buns with Cabbage Coleslaw, Summertime Watermelon-Feta Salad

**Protein Snacks:** Spicy Avocado Toasts, Chickpea Poppers, Speedy Egg Salad

**Desserts:** Oatmeal Chocolate Chip Cookies with Toasted Pecans, Anytime Oatmeal Fruit Crumble, Greek Yogurt Strawberry Sunday.

Maria also includes recipes for pre- and post-workout smoothies, dishes to boost your immune system, diabetic-friendly and gluten-free fare, and even a bonus selection of healthy doggie treats to make your pup’s tail wag. Whether you are a whiz in the kitchen or just learning your way around it, Maria’s warm and supportive guidance will help EveryGirl live healthily, happily, and meaningfully. As she says: “No experience? No problem. Let’s get cooking!”

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