



Woman's Day Easy Everyday Lighter Dinners: Healthy, family-friendly mains, sides and desserts

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Easy, delicious . . . and HEALTHY! *Woman's Day* makes it simple to prepare tasty recipes that the whole family will love. With lower calories, fat, or cholesterol, these meals are quick to get on the table, and many of them are heart healthy. Whether you're in the mood for a comforting Slow Cooker Chicken and Barley Stew, hearty Vegetable Lasagna or a 20-minute Roasted Shrimp Scampi, *Woman's Day's* lighter versions will fill your family up while you feel good about what you're serving. Best of all, none of these recipes require a lot of time, effort, or ingredients.

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James Crow:

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