What Websites can I use to find healthy recipes?

Cooking healthy is not as hard as it might seem. Sometimes finding the right resources can be the hardest part. Here are some helpful Websites that contain not only healthy recipes, but also useful information about eating and living well.

**The Food Network**
http://www.foodnetwork.com/topics/healthy/index.html

When you hear “The Food Network,” most people think gourmet, Paula Deen, and butter. However, this Website spotlights Ellie Krieger, a Food Network chef and also a Registered Dietitian, who offers great information on healthy eating. The main page highlights recipe categories such as “Lightened-Up Fare,” “Healthy International Cuisine,” and healthy holiday cooking. In the mood for mac and cheese, but want to skip the guilt? Try Ellie’s “Macaroni and 4 Cheeses,” which uses pureed squash to lower the calories (only 395 per serving). Just don’t mention the squash part to the kids. Click on “Meal Makeovers” to find healthier versions of some traditional favorites such as chicken pot pie, burgers, lasagna, and apple pie. Both good and good for you!

**Cooking Light**
www.cookinglight.com

The name gives it away, but this site is truly the treasure chest of healthy recipes. This Website also has a “Recipe Makeover” section containing recipes such as Shrimp Etouffee, Light Party Bean Dip, Light Chili, and even lightened chocolate desserts with all the flavor, just fewer calories. You can also sign up for daily or weekly newsletters that deliver healthy recipes straight to your inbox. All recipes contain nutritional information, so you will know exactly what you’re getting.

Also, be sure to check out The American Dietetic Association at www.eatright.org for healthy eating tips and helpful nutrition resources.

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