



Stealth Health: 100 Delicious Recipes and 1,000 Tips for Eating Right in Spite of Yourself

Evelyn Tribole

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A nationally recognized nutritionist and bestselling cookbook author has tasty, easy solutions for vegetable haters, fiber deprivers, fruit skimpers, and fat lovers everywhere.

It's no secret that a plate of broccoli is better for you than a bag of french fries. But given the choice, who wouldn't choose the latter? Now, for the many people who want to eat more healthily but don't--whether because of food aversion, intolerance, or lack of availability--health expert Evelyn Tribole offers simple and delicious strategies for "sneaking" healthy foods into a daily diet. *Stealth Health* offers a chapter-by-chapter guide to each of the key food groups with easy strategies, helpful charts, and mouthwatering recipes that maximize nutrition for the whole family--from sweet and sour pork, red pepper hummus, and twice baked potatoes to mango mousse and blackberry crustless pie. "Tasting is believing," says Evelyn, and these 100 recipes and 1,000 tasty tips will help anyone--no matter how vegetable-challenged--to eat right and love it! The author has been *Good Morning America's* nutrition expert for two seasons and has received the American Dietetic Association's Award for Excellence in Private Practice

A main selection of the Rodale Book Club

Tribole's popular "Recipe Makeover" column has appeared in *Shape* magazine since 1989

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