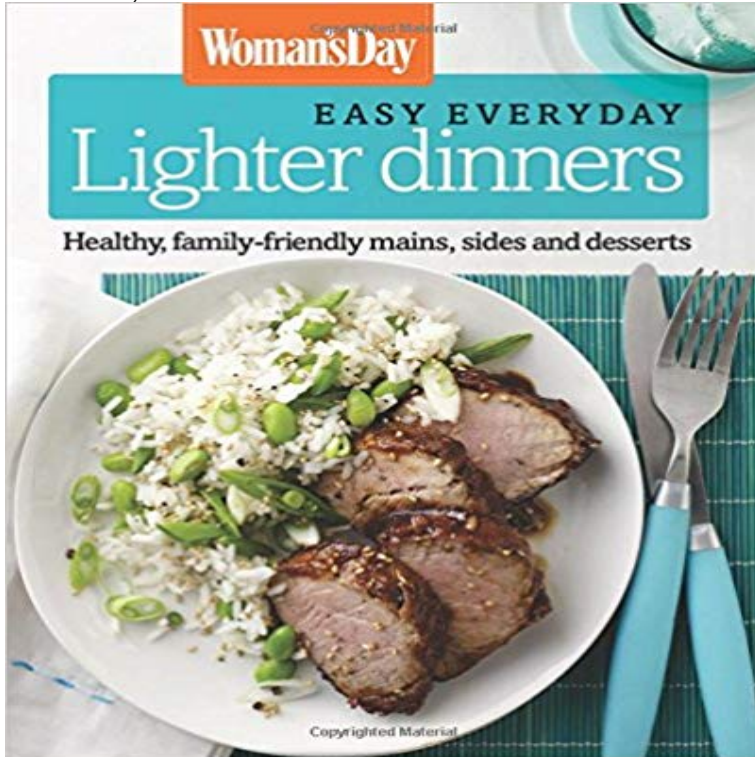


Womans Day Easy Everyday Lighter Dinners: Healthy, family-friendly mains, sides and desserts



Easy, delicious . . . and HEALTHY! Womans 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 youre in the mood for a comforting Slow Cooker Chicken and Barley Stew, hearty Vegetable Lasagna or a 20-minute Roasted Shrimp Scampi, Womans Days lighter versions will fill your family up while you feel good about what youre serving. Best of all, none of these recipes require a lot of time, effort, or ingredients.

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