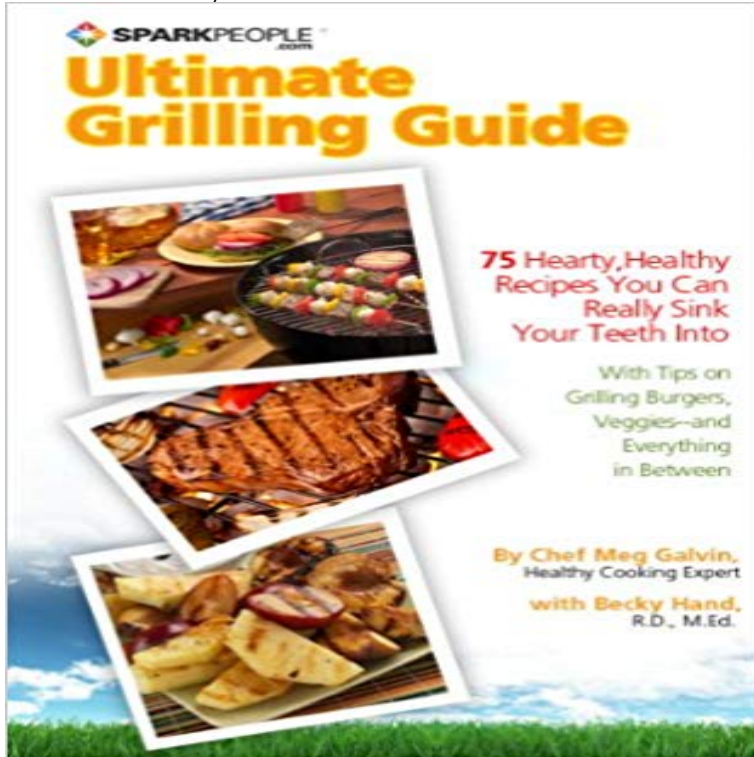


SparkPeoples Ultimate Grilling Guide: 75 Hearty, Healthy Recipes You Can Really Sink Your Teeth Into



Make grill season the healthiest season with SparkPeoples Ultimate Grilling Guide. With 75 hearty, healthy recipes from World Master Chef and Healthy Cooking Expert Meg Galvin, plus SparkPeoples members, this book is a must-have for the grill master in your house. More than just a collection of recipes, you'll get: Tips on grilling burgers, veggies--and everything in between 13 ways to top your burger for 100 calories or less (including bacon!) Step-by-step instructions for perfect steak, burgers, chicken, and more Dozens of sauce combinations, plus 10 ways to spice up leftover grilled chicken Advice on which meats are healthy, tasty choices for the grill Tips for staying on track at BBQs, potlucks, and picnics Answers to all your toughest BBQ questions Intimidated by the grill? Frustrated with burned hockey-puck burgers and undercooked, bland chicken? With SparkPeoples Ultimate Grilling Guide, you'll learn how to make your grill work for you--from appetizers to desserts.

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