



# Betty Crocker Quick & Healthy Meals: HMH Selects (Betty Crocker Cooking)

*Betty Crocker*

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**Healthy Eating is a breeze with Betty Crocker!**

Want to fix healthy meals but don't have a lot of time? Don't worry! Inside you'll find over 20 Betty Crocker recipes that are great-tasting, good for you—and take 30 minutes or less to put on the table. All dishes are low in saturated fat, and main courses have no more than 420 calories. Delicious, healthy meals have never been easier!

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