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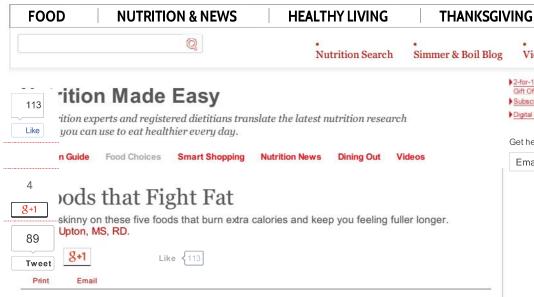
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In-Shell Pistachios

In-shell pistachios are a good low-cal source of protein, with a filling 6 grams of protein per ounce and only 100 calories per 30-nut serving. Researchers at Eastern Illinois University reported that eating in-shell pistachios resulted in eating 41% less calories compared to those who ate shelled nuts. The logic is that the nuts' shell helps to trick the brain into thinking that you've eaten more than you actually have. For a super satisfying snack that won't weigh you down, keep a bag of these unshelled nuts handy.

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Cooking Light



The Delicious Pie That Can Get You

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Creamy, Light Macaroni and Cheese Instead of the traditional buttery, heavy sauce present in most mac and cheese recipes, we turned to an unlikely hero... see full calendar

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Our escape on a chilly evening? The slow cooker. Come home to our favorite main dishes.



Black Friday

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sides, appetizers, and drinks that are sure to soothe your family with the simple joys of comfort food.

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- 3 100 Ideas for Appetizers
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