

Aha Meals in Minutes (Paperback)

Filesize: 7.92 MB

Reviews

This composed book is excellent. This really is for all who statte that there had not been a worth reading through. Your life period will probably be change as soon as you total looking over this ebook.

(Cheyanne Barrows)

AHA MEALS IN MINUTES (PAPERBACK)



Random House USA Inc, United States, 2002. Paperback. Book Condition: New. Reprint. 229 x 155 mm. Language: English . Brand New Book. If homemade meals at your house are being replaced by fat-filled takeout or microwaveables in front of the TV, you ll want American Heart Association Meals in Minutes on your cookbook shelf. More than 200 delicious low-fat, low-cholesterol recipes nourish your appetite for good food while respecting your hectic schedule. Whether you re balancing work and family, putting in overtime at the office, or simply wanting to restore the joys of home cooking to your table, here are terrific dishes you can put together without a lot of fuss and bother--and in 20 minutes or less. With everything from appetizers, snacks, soups, salads, and sandwiches to main courses (including plenty of vegetarian options), vegetables, breads, breakfast dishes, and of course desserts, the emphasis is on ease of preparation and great taste. You can prepare many of these dishes with ingredients you probably already have on hand, making mealtime even more stress-free. In addition to one-dish and microwaveable recipes, there are four special super saver recipe types for when you re extra rushed to get dinner on the table. New Classics are basic main dishes that will become your new standbys, ready to dress up or down as you see fit. Planned-Overs are recipe twofers that use last night s leftovers in a creative new way for tonight s meal. Shopping Cart recipes require no more than six common ingredients and get you in and out of the kitchen in no time. Express-ipes are the quickest of the quick, taking merely 25 minutes or less for all the preparation and all the cooking. Tempting dishes include: Stacked Mushroom NachosMini Cinnamon StackupsPortobello Pizza with Peppery GreensChicken Fajita Pasta with Chipotle...

Read Aha Meals in Minutes (Paperback) Online
Download PDF Aha Meals in Minutes (Paperback)

Other eBooks

\rightarrow	

Four on the Shore (Paperback)

Penguin Books Australia, Australia, 1994. Paperback. Book Condition: New. James Marshall (illustrator). Reprint. 229 x 147 mm. Language: English . Brand New Book. Using their cache of already published easy-to-read books, Puffin launched their Easy-to-Read... Save Document »

\rightarrow	

And You Know You Should Be Glad (Paperback)

HarperCollins Publishers Inc, United States, 2014. Paperback. Book Condition: New. Reprint. 201 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****. A highly personal and moving true story of friend-ship and... Save Document »



Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook (Paperback) Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. From a certified teacher and founder of an online tutoring website-a simple and... Save Document »



Patent Ease: How to Write You Own Patent Application (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Patent Ease! The new How to write your own Patent book for beginners!...

Save Document »



No Friends?: How to Make Friends Fast and Keep Them (Paperback) Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do You Have NO Friends ? Are you tired of not having any...

Save Document »