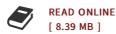




Feeding A Family: A Real-Life Plan for Making Dinner Work (Hardback)

By Sarah Waldman

Shambhala Publications Inc, United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. 40 seasonal meals, 100 recipes, and loads of tips and strategies to make weeknight dinners work Reclaim the family dinner! In Feeding a Family, nutritionist and mom Sarah Waldman lays out all the tools you need to break out of the mealtime rut and turn dinner into a nutritionally fulfilling and happy occasion--despite busy schedules, long work days, and picky eaters. Through forty complete meals, you Il discover hearty dinners the whole family will love, including: - A meal for using up the best summer garden produce: Make-ahead Zucchini, Beef, and Haloumi Cheese Skewers with Chimichurri Sauce paired with Tomato, Peach, and Red Onion Panzanella and Lemon-Blackberry Custard - A cozy and comforting dinner for a frenzied fall day: Creamy Tomato and Spinach Soup with Grilled Cheese Croutons and Pear Pie in Cornmeal Crust - The perfect meal for the busiest night of the week: Slow Cooker Indian Butter Chicken with Sweet Peas and Lemon-Pecan Shortbread Cookies - A warming (and fun) winter meal: One-pot Slurpee Noodle Bowls with simple Chocolate, Peanut Butter, and Date Truffles for dessert - Sunday suppers for when you have...



Reviews

Very good e book and useful one. it was actually writtern extremely properly and useful. I found out this pdf from my i and dad recommended this publication to discover.

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It is straightforward in read through preferable to fully grasp. It is really simplistic but excitement in the 50 percent of the pdf. Your life span will be enhance once you comprehensive looking at this pdf.

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