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## 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 ll 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...



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