

20 Minute Express Recipes for Busy People

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Reviews

Extremely helpful for all class of people. It is probably the most incredible ebook i actually have go through. I discovered this publication from my dad and i recommended this ebook to discover. (Victoria Hickle PhD)

20 MINUTE EXPRESS RECIPES FOR BUSY PEOPLE



Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Most people, when thinking of cutting down the time spent in the kitchen, believe that this means buying more take-out and/or processed foods that are laden with calories, fat and sodium. But it doesn t have to be that way. Anybody can prepare a meal that will keep their time in the hot kitchen to a minimal yet without sacrificing on health. This cookbook offers 70 meal ideas that you can prepare in 20 minutes or less. You will find everything from: Chapter One - Appetizers, Snacks and Beverages Start your party with a savory dip and veggies, snack on a tasty wrap, or sip a refreshing beverage. Chapter Two - Breads From delightful pancakes and waffles to tasty biscuits - look for these speedy recipes to begin the morning or round out your evening meal. Chapter Three - Main Dishes Perfectly seasoned meats and chicken, fabulous fish, and satisfying meatless dishes - any one of these hearty entrees can be on the table in 20 minutes of less. Chapter Four - Soups and Sandwiches Need a quick lunch or supper? These creative, flavorful soups and sandwiches are sure to satisfy all ages and the hungriest of appetites. Chapter Five - Salads Venture beyond everyday lettuce to experience our fresh blends of greens, vegetables, or fruit - some with added protein, so they are hearty enough for a meal. Chapter Six - Side Dishes Don t let sides be an afterthought - turn to these simple, high-flavor vegetables, pastas, and grains for family and company meals. Chapter Seven - Desserts Treat yourself to a refreshing fruit combo, indulge in a rich zabaglione with fresh fruit, or enjoy Amaretto...

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