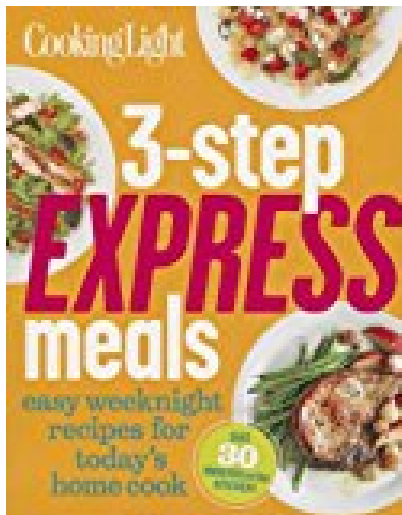


Cooking Light 3-Step Express Meals

Easy weeknight recipes for today's home cook



BOOK DETAILS

- Author : Editors of Cooking Light Magazine
- Pages : 224 Pages
- Publisher : Oxmoor House
- Language : English
- ISBN : 0848739973

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BOOK SYNOPSIS

By using fresh grocery store convenience items like prechopped vegetables, bagged prewashed greens, rotisserie chicken, pizza dough, fresh pasta, peeled cooked shrimp, and refrigerator and freezer-aisle staples and streamlined techniques that save you steps without sacrificing flavor or sabotaging your healthy-eating intentions. Each menu comes with suggestions for simple-to-prepare sides to round out the meal and an easy to follow 1-2-3 game plan to ensure you get everything on the table at once. A helpful grocery store guide show readers how to stock their kitchens with time-saving products-sauces for simmering, spice blends for adding flavor to roasts and sautés, and double-duty bottled vinaigrettes for dressing salads and marinating meats in minutes. Simple Swaps offer easy substitutions you can make to vary the recipe to suit your familys tastes or what you may have on hand. From mouthwatering main dishes to light and refreshing salads and sides, getting meals on the table is as simple as 1-2-3 for todays busy cooks.

COOKING LIGHT 3-STEP EXPRESS MEALS EASY WEEKNIGHT RECIPES

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