

Busy People's Super Simple 30-Minute Menus



[Busy People's Super Simple 30-Minute Menus 下载链接1](#)

著者:Hall, Dawn

出版者:Thomas Nelson Inc

出版时间:2007-9

装帧:Pap

isbn:9781401603168

Easy step-by-step instructions for entire meals that you can make in 30 minutes or less. After a busy day at home or in the workplace, the best answer to "What's for dinner?" can be found in one of these delicious super-simple, low-fat, heart smart 30-minute menus. The uniqueness of this can't-miss cookbook is that each menu has clear step-by-step instructions on how to put together the entire menu. Gone are the days of the vegetable being ready five minutes after the meal starts. In addition, each

menu has a pantry list of items you will need but probably already have, a list of cooking pans and bowls, and a grocery list arranged by supermarket department. Also included is a nutritional analysis of each recipe. Busy People's Super Simple 30-Minute Menus ensures that all the elements of your busy-day dinner are ready to each when the family sits down.

作者介绍:

目录:

[Busy People's Super Simple 30-Minute Menus_ 下载链接1](#)

标签

评论

[Busy People's Super Simple 30-Minute Menus_ 下载链接1](#)

书评

[Busy People's Super Simple 30-Minute Menus_ 下载链接1](#)