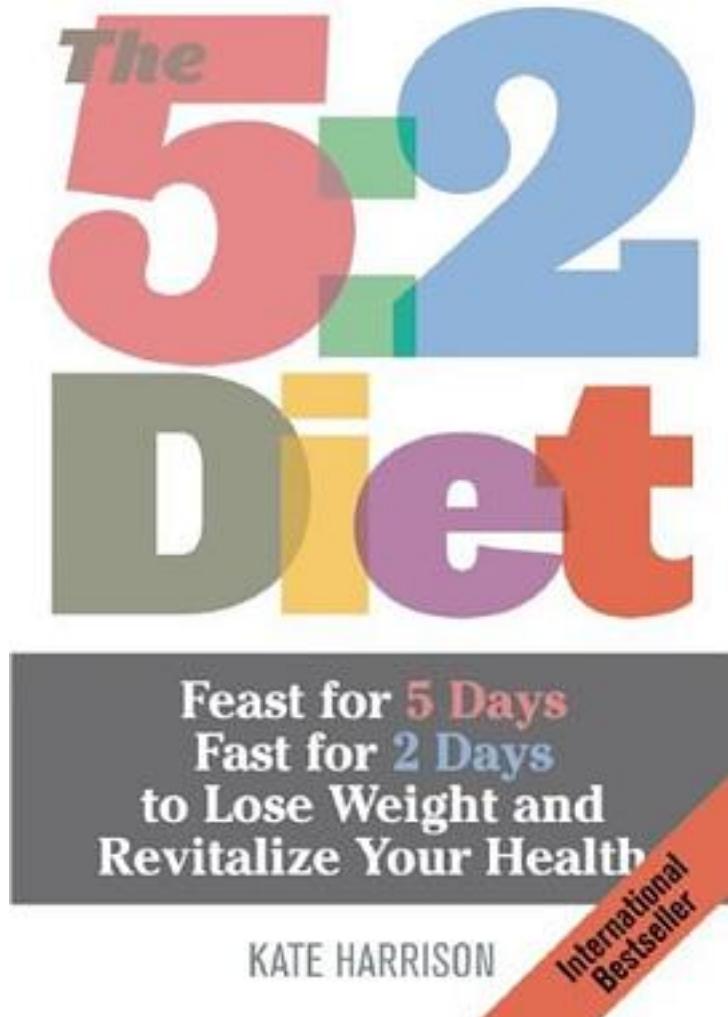


The 5

GET A SLIMMER BODY WITH THE PROVEN
PROGRAM OF INTERMITTENT FASTING



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IT'S 5:30. DO YOU KNOW WHAT'S FOR DINNER? Long commutes and busy schedules leave us all wondering the same thing, but don't worry, because "The 5:30 Challenge" is the perfect solution to creating healthy and delicious meals in a snap! Forget the fast food and frozen packaged meals -- with just five easy-to-find ingredients you can have dinner on the table in thirty minutes or less every night, guaranteed. Based on the popular newspaper column from "The Atlanta Journal-Constitution," these tasty recipes are sure to appeal to any appetite, from hearty dinner entrees to satisfying seasonal salads, zesty soups, and chilies to tantalizing stir-fries, plus pizzas, pastas, and more. You won't believe how easy it is to make great meals such as: Lamb Shanks with Tomato and Mint Filet and Portobellos with Blue Cheese Cajun Chicken Pasta Mid-Week Madness Chili Polenta and Meatball Casserole Farfalle with Smoked Salmon and Spinach Fresh Tomato and Ricotta Pizza Trout Amandine Bacon, Tomato, and Avocado Quesadillas Tex-Mex Ribs Whether you're cooking for a hungry family or whipping up something for just one or two, "The 5:30 Challenge" is the ideal cookbook for creating a terrific meal without spending a lot of time in the kitchen. From kid-friendly to restaurant-style, each simple, streamlined recipe is designed for maximum flavor in minimum time. Each recipe has detailed nutritional information, as well as suggestions for substituting ingredients and using easy cooking shortcuts. In addition, there are recipes for quick and tasty desserts, plus helpful tips on shopping for quality convenience products and keeping the basics on hand for a quick meal anytime. For busy home cooks, "The 5:30 Challenge" is the answer to eating a great dinner every night and having plenty of time to enjoy it.

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