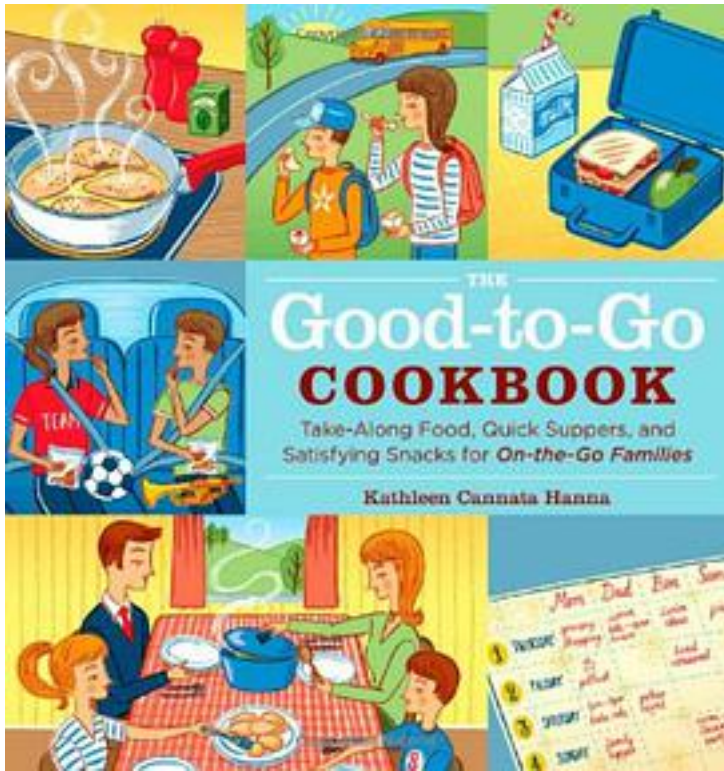


# The Good-to-Go Cookbook



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As busy schedules cut into food preparation time of families with active teenagers, takeout pizzas and Pop-tart breakfasts become the norm. But Pop-Tarts fall pretty short in the nutrition category. Fresh fruit smoothies, yogurt parfaits, homemade granolas, and breakfast sandwiches all provide a better start to the day, but how to fit more nutritious choices into hectic daily routines? Kathleen Cannata Hanna responds to the challenge of keeping teenagers healthy, fit, and full with 300 economical recipes that are both easy to make and fun to eat. She offers 15 minute dinners and satisfying pastas for the busiest evenings and 30 minute dinners and family suppers for slightly

more relaxed weeknights and weekends.Hanna knows that feeding teenagers invloves more than serving dinnertime meals. There are grab and go breakfasts to be eaten on the bus, packed lunches, after school snacks and after dinner treats for the kids and any friends that might be in the house too. The appealing recipes in "The Good-To-Go Cookbook" steer teens away from junk food and toward good-for-you alternatives. With "The Good-To-Go Cookbook" in the kitchen it's possible to feed the entire family quickly and well and still arrive at every sports event and ballet show on time.

作者介绍:

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