

Better Homes and Gardens Fresh and Easy Meals



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Fantastically fresh and easy meals for every day of the week Use Fresh and Easy Meals to make wholesome, family-pleasing meals part of your everyday life. More than 300 simple and good-for-you dishes (plus more than 90 beautiful photos) make it easier than you ever thought possible! You'll find recipes for everything from main dishes, side dishes, and appetizers to snacks and desserts. Fresh and Easy Meals includes * Main dish recipes plus breakfast and brunch dishes, simple sides, smart snacks, and satisfying sweets* Short ingredient lists and easy step-by-step instructions that help you put dinner on the table in a hurry* A "Great for Kids" icon that flags recipes sure to

be a hit with kids and teens, such as Banana Crunch Pops, Fajita Beef Salad, Plum Chicken Kabobs, and Pear-Almond Muffins.* Complete nutritional information for every recipe, plus preparation and cooking times.* Great-tasting healthful recipes that have been tested by the Better Homes & Gardens Test Kitchen.* Slow-cooker recipes that provide satisfying meals for those extra-busy days Forget about takeout—with Fresh and Easy Meals, you'll have more than 300 quick and easy recipes at your fingertips, all using fresh ingredients in imaginative new ways.

作者介绍:

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