

5 Ingredient Cookbook Fast And Easy Recipes With 5 Or Less Ingredients Inspired By The Mediterranean Diet Everyday Cooking For Busy People On A Budget Mediterranean Diet For Beginners Book 1

Create deliciously quick and easy recipes in your Air Fryer using only 5 ingredients or less! Want simple meals that your entire family (even the pickiest eaters) will devour? Looking to avoid the grocery store and use some of the ingredients you already have on hand? The "I Love My Air Fryer" 5-Ingredient Recipe Book is here to help! This easy-to-use cookbook provides mouthwatering, whole-food dishes for every meal—from breakfast and dinner to appetizers and dessert—using favorite, familiar ingredients you probably already have in your pantry. Including 175 delicious recipes using five—or fewer—ingredients, these fast, affordable meals don't require a lot of prep or shopping, so you can spend more time out of the kitchen doing the things you love. Best of all, these satisfying, flavorful recipes are sure to be a big hit with everyone in the family. Whether you need an easy dinner on a busy weeknight or want to cut back on time (and money) in the grocery store, this cookbook has you covered!

Simply Gluten Free 5 Ingredient CookbookFast, Fresh & Simple! 15-Minute RecipesMedia Lab Books

5-ingredient recipes that add up to amazing meals--fast! Whether you're a parent who wants to put home-cooked meals on the table every day or a busy professional who doesn't think they have time to cook, this is the 5-ingredient cookbook for you. Bursting with recipes for 175 fast and tasty dishes, The Complete 5-Ingredient Cookbook will show you how to keep your stomach satisfied from breakfast to dessert--without eating up all your free time. Featuring simple and scrumptious recipes, like Banana Bread Baked Oatmeal and One-Pan Chipotle Chicken Thighs with Guacamole Salsa, this comprehensive 5-ingredient cookbook is perfect for chefs of all skill levels who are looking to add variety to their table without spending hours in the kitchen. Save even more time as you find out how to make the most of your shopping trips, stock the perfect low-ingredient kitchen, and start prepping like a pro. Cooking at home doesn't have to be a challenge! Discover the fast, easy, 5-ingredient way. The Complete 5-Ingredient Cookbook includes: 175 recipes, 5 ingredients each--This 5-ingredient cookbook helps you cook up great-tasting foods in a snap with a globe-trotting collection of easy-to-make dishes. Weeklong meal plans--You'll know what's for dinner (and breakfast and lunch) with the meal plans inside this 5-ingredient cookbook: Vegetarian, Low Carb, Gluten-Free, Quick & Easy, and Global Feast. Time-saving tips--Cut down cook times with loads of advice for meal prepping, making your own 5-ingredient recipes, and more. Make your next feast in a flash with The Complete 5-Ingredient Cookbook.

This warm, welcoming cookbook presents many of Duke's favorite family recipes, all created with five ingredients or less. Perfect for Sunday dinners, family gatherings, tailgate parties or even a picnic lunch, the 100+ recipes included within will have your family asking for seconds and thirds, no matter what they like to eat. Packed with hundreds of mouth-watering photos, plus images from Duke's storied career and heartwarming family life, this is the one cookbook you need to experience dinner at Duke's table, from his kitchen to yours. John Wayne cookbooks are consistent winners, favored by anyone who likes to eat well and enjoy reminiscing about one of America's most treasured icons.

The search for simple, healthy and delicious gluten-free meals is over with Simply Gluten-Free Five Ingredient Recipes. With more than 175

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flavorful recipes for everything from pastas to breads to desserts, this book is the perfect guide for cooking gluten-free on the go. Whether you live without gluten out of necessity or by choice, you'll find the tips, techniques and answers that will take your kitchen skills to a new level!

Officially authorized by Instant Pot! 175 must-have 5-ingredient recipes perfect for anyone looking to save time and effort—all while using your favorite appliance the Instant Pot. Now using the Instant Pot is easier and more convenient than ever with these 175 delicious, simple, and straightforward recipes using just five ingredients or less. Perfect for people on the go, this cookbook will help you make mouthwatering dishes for every meal of the day that the whole family will love. Using ingredients that you probably already have on hand, The “I Love My Instant Pot” 5-Ingredient Cookbook features fast and affordable recipes that don't require a lot of prep or shopping. And best of all, they're satisfying, flavorful recipes you will want to make over and over again! Including an easy-to-understand overview of your Instant Pot, this cookbook has you covered for every occasion. From breakfast to dinner and desserts and snacks in between, you will save more time (and money) than ever while enjoying tasty food all day long.

Taste of Home 5-Ingredient Healthy Cookbook -Eating right has never been easier than with this all-new book from Taste of Home. Tall on flavor, short on prep work, 5-Ingredient Healthy Cookbook offers hundreds of satisfying main dishes, desserts, snacks and more. 300+ recipes that cut fat, sugar, calories and carbs quickly, easily and deliciously while keeping recipes to 5 ingredients! Eating right has never been easier than with this all-new book from Taste of Home. Tall on flavor, short on prep work, 5-Ingredient Healthy Cookbook offers hundreds of satisfying main dishes, desserts, snacks and more...all of which come together with a handful of good-for-you kitchen staples. You'll even find five-ingredient pizzas and pastas, sandwiches, side dishes and breakfasts—all loaded with family-pleasing taste and fewer calories than expected. Nutrition Facts with every recipe, Diabetic Exchanges, full-color photos and step-by-step directions make it easier than ever to enjoy the foods you love without the extra sodium, carbs and sugar. Eat right, feel great and spend less time in the kitchen when you turn to 5-Ingredient Healthy Cookbook

Claire Robinson, the hot new Food Network star of 5 Ingredient Fix and Food Network Challenge, helps people get dinner on the table with little fuss and a few great ingredients. The quest for simple, affordable, and fresh, mouthwatering food is over. 5 INGREDIENT FIX helps put delicious and sophisticated meals on the table in a snap. With people struggling to simplify, streamline, and budget, the Food Network's Claire Robinson is here to help. Cooking doesn't have to be complicated to be impressive; simplifying the process with fewer ingredients saves time, frustration, and ultimately, money. From breakfast treats like Brioche French Toast with Strawberries and Cream to no-fuss meals like Grown-up Grilled Cheese and Iceberg Wedges with Buttermilk Dressing to a romantic dinner of Grilled Scallops with Saffron Aioli and Green Goddess Rice, all of Robinson's recipes have five or fewer ingredients. A quick trip to the supermarket for one bag of groceries, and a delicious, restaurant-quality meal can be on the table in no time.

The Super Easy Cookbook for Beginners offers a hands-on approach to learning how to cook with essential techniques and easy, 5-ingredient recipes. The best way to learn how to cook is to actually start cooking. When you're ready to set foot in the kitchen, the Super Easy Cookbook for Beginners offers the easiest, 5-ingredient recipes to teach you how to cook--while cooking! Beyond basic cooking skills, this beginner's cookbook gets you started by serving up simple, home-style recipes that require only 5 main ingredients or less. Alongside step-by-step guidance for kitchen techniques--plus useful tips like how to hold a knife--the Super

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Easy Cookbook for Beginners is the easiest recipe to make anyone a good cook. From preparing ingredients to roasting a chicken, the Super Easy Cookbook for Beginners sets you up for success in the kitchen with: 120 easy, 5-ingredient recipes that use commonly found ingredients for hassle-free cooking Cooking skills that range from safety practices to storage rules, and explain key terms so that you know the difference between braising and caramelizing your food Kitchen tips that outline essential appliances along with staple pantry products to keep on hand Get started with recipes like Zucchini Au Gratin or Spinach Baked Tilapia, and learn how easy cooking can be with the Super Easy Cookbook for Beginners.

If you are looking to lose weight fast and you don't always have enough time to cook, the Optavia diet is the best option for you. Optavia diet is a reduced carb, low-calorie diet that integrates homemade meals with packaged foods to help you drop pounds like crazy. In this cookbook, you will get the complete simple guide to kick start the journey plus mouthwatering lean and green recipes to keep you fresh, help you stay super healthy, and lose weight like crazy. Some of the things you will learn from this lean and green cookbook include but not limited to: How Optavia Can Help You Lose Weight Fast - Backed By Research How Easy Is Optavia Diet To Follow? Amount Of Exercise You Need To Lose Weight Faster Health Risks Of Optavia Diet Can Optavia Diet Reverse Heart Disease? - Backed By Research Can Optavia Diet Prevent And Reverse Diabetes? - Backed By Research Which Diet Is Compatible With Optavia? The Best Foods For Optavia Diet Foods To Avoid Get a copy to learn more!

Savor delicious dishes with The 5-Ingredient Italian Cookbook. Real Italian cuisine is all about simplicity. Using just a few fresh and simple ingredients, The 5-Ingredient Italian Cookbook brings you the authentic taste of Italy with recipes that prove less is always more. From Chicken Marsala to Pasta Carbonara to Tiramisu, this cookbook features regional classics that you can whip up any time. With recipes that require no more than 5-ingredients each—most of which are ready to eat in 30-minutes or less—this Italian cookbook makes every meal a celebration of taste and tradition. The 5-Ingredient Italian Cookbook includes: Cooking essentials that outlines the fundamentals of authentic Italian cuisine, including pantry essentials, equipment, and core techniques. 101 simple recipes for appetizers, risotto, pasta, sauces, pizza, bread, meat, chicken, seafood, and dessert! A taste tour that explains the culinary preferences of each region and the geographic origins of each recipe. Traditional Italian recipes don't need a laundry list of miscellaneous ingredients; Taste every flavor of everyday recipes with The 5-Ingredient Italian Cookbook.

Save time and money all while losing weight with bestselling author Stephanie Laska's most convenient, easy, and flavorful keto recipes that only require 5 (or fewer) main ingredients. After losing 140 pounds on the keto diet, bestselling author Stephanie Laska makes the keto diet more accessible and foolproof than ever before with these 100 delicious recipes made with only 5 (or fewer) main ingredients! The easy-going approach of The DIRTY, LAZY KETO 5-Ingredient Cookbook makes weight loss manageable, sustainable, and even fun. Packed with her trademark sass and practical advice, Stephanie teaches the proven fundamentals of dirty keto cooking in a way that gets you excited and motivated. You'll find 100 easy, great-tasting classic recipes that the entire family will enjoy—even the pickiest eaters. Making the keto diet more convenient than ever, this is a flexible, honest, real-world approach to losing weight that anyone can accomplish. In this cookbook, you'll find no judgment—just plenty of support

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to help you pursue your own unique path to sustainable healthy weight loss—not perfection. This is lazy keto at its finest!

A Washington Post bestselling cookbook Become the favorite family chef with 100 tested, perfected, and family approved recipes. The healthy cookbook for every meal of the day: Once upon a time, Jenn Segal went to culinary school and worked in fancy restaurants. One marriage and two kids later she created Once Upon a Chef, the popular blog that applies her tried and true chef skills with delicious, fresh, and approachable ingredients for family friendly meals. With the authority of a professional chef and the practicality of a busy working mom, Jenn shares 100 recipes that will up your kitchen game while surprising you with their ease. • Helpful tips on topics such as how to season correctly with salt, how to balance flavors, and how to make the most of leftovers. • Great recipes for easy weeknight family dinners kids will love, indulgent desserts, fun cocktails, exciting appetizers, and more. • Jenn Segal is the founder of Once Upon a Chef, the popular blog showcasing easy, family friendly recipes from a chef's point of view. Her recipes have been featured on numerous websites, magazines, and television programs. Fans of Chrissy Teigen, Skinnytaste, Pioneer Woman, Oh She Glows, Magnolia Table, and Smitten Kitchen will love Once Upon a Chef, the Cookbook. With 100 tested, perfected, and family approved recipes with helpful tips and tricks to improve your cooking. • Breakfast favorites like Maple, Coconut & Blueberry Granola and Savory Ham & Cheese Waffles • Simple soups, salads and sandwiches for ideal lunches like the Fiery Roasted Tomato Soup paired with Smoked Gouda & Pesto Grilled Cheese Sandwiches • Entrées the whole family will love like Buttermilk Fried Chicken Tenders • Tasty treats for those casual get togethers like Buttery Cajun Popcorn and Sweet, Salty & Spicy Pecans • Go to sweets such as Toffee Almond Sandies and a Classic Chocolate Lover's Birthday Cake

From the trusted nutritionist behind the bestselling healthy cookbook on meal prep comes The Easy 5-Ingredient Healthy Cookbook--your next course in healthy meals made super simple. Keeping balanced meals on the table can be tough when you're busy. That's why registered dietitian nutritionist and bestselling healthy cookbook author, Toby Amidor, created The Easy 5-Ingredient Healthy Cookbook. With truly simple 5-ingredient recipes--many of which are ready to eat in 30 minutes or require just one cooking vessel--The Easy 5-Ingredient Healthy Cookbook is your solution to eating healthy on a hectic schedule. Your complete healthy cookbook for hassle-free, nutritious meals, The Easy 5-Ingredient Healthy Cookbook contains: 150 no-fuss recipes using only 5 easy-to-find main ingredients per meal Quick, no-mess meals requiring only 30-minutes to make or one-pot Healthy cooking bonus tips including meal planning guidelines and grocery shopping advice that are unique to this healthy cookbook A healthy cookbook with a simple solution to nutritious meals--The Easy 5-Ingredient Healthy Cookbook helps you eat well even when you're busy.

When you're short on time, you'll love these big-on-flavor, crazy easy meals. Cooking can sometimes involve mile-long ingredient lists and require more time than one cares to spend in the kitchen after a busy day. With Fast and Easy Five Ingredient Recipes you'll find over 100 recipes that only require five ingredients (or less) and use simple ingredients in unique ways. Recipes include: Southern Style Chicken Sliders Spinach Alfredo Lasagna Pulled Pork Carnita Tacos Homemade Pizza Pockets Peanut Butter Sea Salt Cookies Whether for weeknight meals or last minute dinner parties, these five-ingredient recipes will save you time and

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money...and they're delicious too!

Discover hundreds of satisfying main dishes, quick-fix sandwiches, comforting soups and family-favorite desserts...all of which come together with a handful of kitchen staples! You'll even find five-ingredient side dishes, salads and breads that round out meals in a flash. These clever recipes come from savvy home cooks who know how to pump up flavor with just a few ingredients, and now we're sharing those secrets in this brand-new collection. For many family cooks, it's a challenge to set a hot and hearty meal on the table. After all, kitchen time usually competes with jobs, after-school activities, and other tasks and errands. Luckily, Taste of Home 5-Ingredient Cookbook is here to help! Inside, readers will find 400+ fast and fabulous recipes—each of which calls for five ingredients or fewer! It's never been easier (or tastier) for home cooks to whip up a comforting dinner while saving time and cutting the grocery bill! Taste of Home's trademark indexes get an update with an index organized by common kitchen staples, and numerous tip boxes offer shortcuts that other home cooks took when preparing the recipes. CHAPTERS Breakfast Appetizers & Beverages Soups & Sandwiches Beef Pork Poultry Fish & Seafood Meatless Salads & Salad Dressings Sides & Condiments Breads & Rolls Cakes, Pies & Desserts Cookies, Bars & Candies Recipes Nutty Waffle Sandwiches Easy Black Bean Salsa Italian Meatball Buns Simple Chicken Soup Brisket with Cranberry Gravy Ham with Ruby-Red Glaze Chicken Enchilada Bake Thai Shrimp Pasta Jazzy Mac 'n' Cheese Mediterranean Orange Salad Freezer Raspberry Sauce Fresh Herb Flatbread Golden Pound Cake Caramel Cashew Clusters

With over 280 incredibly delicious flavorful 5-ingredient, 150 minute recipes at your fingertips, you'll discover how simple it is to serve a healthful home-cooked meal on a busy weeknight. Our Test Kitchens experts have paired easy side dishes and desserts with superfast entrées to create over 160 mouthwatering menus. Organized by easy-to-use food categories, including Soups, Sandwiches, Salads, Meatless Main Dishes, Fish and Shellfish, Meats, and Poultry, Cooking Light Fresh Food Fast offers recipes that are great for you and taste great, too! With short ingredient lists, straightforward procedures, fresh ingredients, and delicious results, the recipes and meals in this cookbook will be the most requested, often-repeated solutions in your weeknight repertoire. "Simple, straightforward recipes to suit your busy lifestyle...from the author behind the popular blog Keto In The City"--Page [4] of cover.

Incredibly easy recipes from Low Carb Yum, one of the all-time most popular low-carb and keto blogs People across the country are discovering low-carb and keto diets and finally achieving weight-loss success, but one of the biggest challenges can be finding easy-to-prepare low-carb recipes that can fit a busy schedule. Everyone wants to get in and out of the kitchen fast, and this where Low-Carb Yum 5-Ingredient Keto comes to the rescue. The cookbook is filled with delicious recipes to make low-carb, high-fat meals with minimal ingredients and no-fuss preparation. Easy and great-tasting foods are the key to success with a keto diet, and it doesn't get much simpler than recipes with 5 ingredients or less. Low Carb Yum 5-Ingredient Keto features over 120 tasty recipes for breakfast, lunch, dinner, dessert, and beverages. Quick breakfast recipes to start the day off right Soups and salads that make perfect lunches Effortless appetizers, snacks, and beverages Hearty dinners that don't take all day to prepare Seafood

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specialties Decadent yet healthy desserts Recipes meeting dairy-free, nut-free, egg-free, paleo, and AIP dietary restrictions Low Carb Yum 5-Ingredient Keto is also the perfect guide for keto and low-carb beginners. Whether you've made the move to a keto diet to lose weight or improve health, there's helpful tips and advice including A rundown of keto basics, with explanations of ketosis, daily macros, and calorie counting Foods to eat and foods to avoid, making shopping and stocking one's pantry even faster and easier Common keto mistakes that can cause weight loss stalls Addressing inflammatory foods which may also be contributing to health issues Sample daily meal plans for those who need some help during their transition to keto Nutritional information for all recipes, including macros

Save time and money with the brand new edition of Taste of Home 5 Ingredient Recipes. Cook everything from tantalizing appetizers to satisfying dinners and savory sides to delectable desserts using only 5 ingredients, most of them readily available in your kitchen pantry. Discover hundreds of satisfying main dishes, quick-fix sandwiches, comforting soups and family-favorite desserts...all of which come together with a handful of kitchen staples! You'll even find 5-ingredient side dishes, salads and breads that round out meals in a flash. Includes meatless, appetizer and breakfast chapters. These clever recipes come from savvy home cooks who know how to pump up flavor with just a few ingredients, and now we're sharing those secrets in this exciting new collection. CHAPTERS Breakfast Appetizers & Beverages Soups & Sandwiches Beef Pork Poultry Fish & Seafood Meatless Salads & Salad Dressings Sides & Condiments Breads & Rolls Cakes, Pies & Desserts Cookies, Bars & Candies RECIPES Fontina Asparagus Tart Rosemary Goat Cheese Bites Lasagna Rolls Classic Beef Wellingtons Basil Pork Chops Chicken Enchilada Bake Mediterranean Chicken Turkey Scaloppini with Marsala Sauce Ginger-Chutney Stir-Fry Pecan-Coconut Crusted Tilapia Bacon Cheeseburger Pasta Spicy Pumpkin & Corn Soup Dreamy S'more Pie Peach Crisp Turtle Praline Tart Slow-cooked in the morning--fast (and fabulous) home-cooked in the evening. Deciding what's for dinner doesn't have to be a panic-filled, last-minute decision. The Easy 5-Ingredient Slow Cooker Cookbook is designed to make things deliciously fast and easy for busy home cooks--with no-fuss meals that anyone can make. From Apple-Cinnamon Oatmeal and Mexican Corn Chowder to Beer Brisket and Banana Bread, this slow cooker cookbook is filled with savory, limited-ingredient recipes. Take just a few minutes to prep and set in the morning and unveil a complete, mouthwatering meal in time for dinner. The Easy 5-Ingredient Slow Cooker Cookbook includes: 100 effortless recipes--Breakfasts, stews, desserts, and more...choose from loads of 5-ingredient, slow cooker recipes that take 15-minutes or less to prep. Great tastes that are good for you--Whole food recipes--complete with detailed nutrition info--help you keep home cooking healthy. One-pot meals--You won't need sides thanks to this slow cooker cookbook--recipes are complete, delicious, and satisfying meals all on their own. Discover how simple home-cooked dinners can be with The Easy 5-Ingredient Slow Cooker Cookbook.

The Super Easy 5 Ingredient Cookbook makes wholesome, everyday meals easier with minimal time, effort, and money. A handful of the right ingredients can make eating fresh easy every day. The Super Easy 5 Ingredient Cookbook offers the easiest whole foods recipes to whip up 5 ingredient meals to save you time, effort, and money. This 5 ingredient cookbook limits the time and

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effort you spend shopping, prepping, and cooking with 5 or fewer affordable, everyday ingredients. To add efficiency to convenience, the recipes in The Super Easy 5 Ingredient Cookbook are classified by 30 minutes or less, one-vessel, no cook, and freezer-friendly dishes. From Spaghetti Squash Pomodoro to Rosemary-Garlic Pork Tenderloin, The Super Easy 5 Ingredient Cookbook makes good meals effortless with: Kitchen hacks that offer smart shopping tips, meal planning basics, and pantry essentials 5 simple ingredients that are easy to find in any standard grocery store 100 super easy recipes that use few ingredients and are classified as one-pot, one-pan, one-dish, freezer-friendly, no cook, or 30-minute dishes You don't need to give up convenience for a fresh, homemade dinner. The Super Easy 5 Ingredient Cookbook gives you all of the ingredients you need to keep it simple in the kitchen.

60+ easy recipes with 5 ingredients or less.

This collectors edition combines much of the three bestselling cookbooks: The Best of cooking with 3 ingredients, The Ultimate cooking with 4 Ingredients, and Easy cooking with 5 Ingredients.

The perfect addition to a busy mom's library, this cookbook is filled with time-trimming recipes! Using only 5 ingredients or less, you'll find delicious recipes like buttery garlic chicken, anytime cheesy biscuits and gooey brownies. Best of all, it features plenty of time-saving tips and ideas for making hearty homestyle meals to enjoy with family & friends.

Best of Bridge presents 125 fast and fantastic 5-ingredient meal recipes. The Best of Bridge family is back with an astonishing addition to their cherished library. Best of Bridge 5-Ingredient Cooking includes all the beloved flavors and mealtime favorites the Bridge books are famous for, using fewer ingredients in easy to prepare recipes. All of these 5-ingredient recipes have been developed in the classic Best of Bridge fashion we know and love, but with the modern convenience we seek today. Try a creative, fun recipe like Mac 'n' Cheese Gnocchi, Grilled Mussels with Mango Chutney, Pecan Turkey Cutlets, Blender Banana Oatmeal Pancakes or Middle Eastern Meatloaf -- all designed to inspire mealtime prep without the fuss. After more than 40 years and with over 4 million copies sold, Best of Bridge continues to bring us inspired and innovative recipes perfected in the Bridge style.

Test cooks share their favorite low-effort, high-reward complete weeknight dinners, most ready in an hour or less. Imagine surveying your pantry or fridge and realizing you already have every ingredient you need to make any number of fast, flavor-packed meals. Sounds like a dream? These back-pocket dinners make it a reality, with recipes that transform foods such as a rotisserie chicken, a baguette, hummus, or quinoa into full meals using just five ingredients (plus salt, pepper, and fat) that require little in the way of planning. What these recipes lack in ingredients, they more than make up for in flavor and creativity. We use simple techniques to our advantage to coax the maximum amount of oomph out of each component: • Turn rotisserie chicken into a cheesy, melty tart with frozen spinach, Brie, and store-bought crust • Shape lemony meatballs from ground chicken and quinoa--given a flavor boost from garlicky hummus that doubles as the base for a sauce • Get resourceful with our Grilled Tofu with Charred Broccoli, Peanut Sauce, and Crispy Shallots, repurposing the often drained-away shallot frying oil to coat the broccoli before grilling for an added layer of savoriness With each recipe, a test cook's commentary gives an inside peek into the recipe

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creation process, whether offering a tip for using a high-impact ingredient like red curry paste or oil-packed sun-dried tomatoes (we help you compile a treasure trove of useful flavor bombs) or an imaginative technique (such as mincing carrot tops for a garnish). These recipes and tips will have you looking at your pantry with fresh eyes.

Who has time to make food these days? And what if you aren't a cook, but your budget or your household is strongly suggesting that you should be? Everyone needs recipes that are guaranteed to be: Quick to fix Easy for anyone to make Delicious and satisfying The solution? The newly revised and updated Fix-It and Forget-It 5-Ingredient Favorites—the latest in the multi-million-copy Fix-It and Forget-It cookbook series. Gather five or fewer readily available ingredients + your slow cooker + Fix-It and Forget-It 5-Ingredient Favorites, and you can have: Apricot chicken Convenient slow-cooker lasagna Bacon feta-stuffed chicken Alfredo bow-ties Upside-down chocolate pudding cake Fix-It and Forget-It 5-Ingredient Favorites, with its more than six hundred recipes, can be your new faithful companion. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

Jamie Oliver--one of the bestselling cookbook authors of all time--is back with a bang. Focusing on incredible combinations of just five ingredients, he's created 130 brand-new recipes that you can cook up at home, any day of the week. From salads, pasta, chicken, and fish to exciting ways with vegetables, rice and noodles, beef, pork, and lamb, plus a bonus chapter of sweet treats, Jamie's got all the bases covered. This is about maximum flavor with minimum fuss, lots of nutritious options, and loads of epic inspiration. This edition has been adapted for US market.

Simplify your life and your family's meals with easy, 5-ingredient recipes If a busy schedule has been standing between you and eating the healthy meals you and your family deserve, consider a simpler alternative. The 5-Ingredient Fresh and Easy Cookbook is a straightforward, convenient, and organized method that proves you don't need a ton of ingredients to make a great meal--all you need is 5. To all of you overworked professionals, jugglers of children, and commuters, this easy cookbook is filled with 90+ simple recipes that don't skimp on flavor, nutrition, or freshness. If you often find yourself scrambling at dinnertime, The 5-Ingredient Fresh and Easy Cookbook should be your go-to reference. Inside The 5-Ingredient Fresh and Easy Cookbook, you'll find: Hone your workspace--With a little help optimizing your kitchen, this easy cookbook will make sure you have the necessary tools and cooking area. Reinvent your meals--In addition to one-pot recipes, easy classics, no-cooks, and pre-prepped, there are dishes in this easy cookbook specifically designed for turning leftovers into new, tasty treats. Stock your shelves--From your freezer to your cabinets, this easy cookbook will keep all of the essentials you need an arm's length away. The 5-Ingredient Fresh

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and Easy Cookbook is the perfect way to create efficiency in the kitchen and grocery store while still producing nutritious, interesting meals. Recipes include: Fig Ricotta Toast, Shepherd's Pie, Veggie Frittata, Black Bean Sweet Potato Chili, and Cuban Mojo Pork Chops & Orange Rice

This comprehensive cookbook offers an innovative approach to food that is perfect for today's busy modern cook. It explains the basics of making fuss-free food with the fewest possible but freshest available ingredients. Recipes include fast breakfast bites, tasty appetizers and dips, party snacks and sweet teatime cookies, as well as main meals that cater for fish and meat lovers, and vegetarians. Beautifully photographed throughout with over 1550 step-by-step pictures, this is the one and only cookbook for anyone who loves good food and demands superb results, but wants to spend less money in the supermarket and less time in the kitchen.

Dinner is about to get even easier now that you can cook mouth-watering meals in your Instant Pot(R) with five ingredients or less. The Instant Pot(R) is unquestionably the most popular and bestselling kitchen appliance of the last year, with many models performing the functions of a pressure cooker, a slow cooker, a rice cooker, a steamer, a sauté pan, a yogurt maker and a warmer. 5-Ingredient Instant Pot(R) Cookbook is a perfect companion for the Instant Pot(R) and a follow-up to Marilyn Haugen's previous bestseller, 175 Best Instant Pot(R) Recipes, which has over 20,000 copies in print. All of its 150 recipes, created especially for use with an Instant Pot(R), contain a minimum of ingredients and require little effort. There are recipes for every occasion and season, and for novices and well-seasoned home cooks alike. The recipes include favorites like Ham and Cheddar Egg Muffins, Hearty Black Bean Soup, Pepperoncini Beef Roast, Chicken Caesar Pita Pockets, Braised Herb Salmon with Asparagus, Buttery Garlic Mashed Potatoes, and Chocolate Peanut Clusters.

Easy 5 Ingredient Dinners That Are Actually Healthy! Are you tired of complicated recipes with hard to find ingredients? Are you looking for delicious and easy recipes with only a few simple ingredients? From the author of several bestselling cookbooks, busy mom and fitness enthusiast Alissa Noel Grey, comes a great new collection of delicious, easy to make family dinner recipes that will make you healthier, happier and more energetic than ever. This time she offers us 50+ comforting and enjoyable everyday meals inspired by the Mediterranean diet and full of your favorite vegetables, meats and legumes that are simple and easy to cook whether you need a quick weeknight supper or a delicious weekend dinner. Best of all - each recipe only contains 5 ingredients or LESS! 5 Ingredient Cookbook: Fast and Easy Recipes With 5 or Less Ingredients Inspired by The Mediterranean Diet is an invaluable and delicious collection of healthy and easy 5 ingredient recipes that will please everyone at the table and become all time favorites. If you're looking for some quick, easy, and healthy recipes to clean up your diets without sacrificing time or flavor, this recipe round-up is for you! ***FREE BONUS RECIPES at the end of the book - Superfood Paleo and Vegan Smoothies for Vibrant Health and Easy Weight Loss!***

Fast family favorites for every day! In today's busy working world, it's difficult enough to get your family to sit down and eat together, much less find the time to prepare an appetizing dinner every night. With The Everything Quick and Easy 30-Minute, 5-Ingredient Cookbook, you will learn how to make delicious, quality meals and snacks in just half an hour! Tasty highlights include: -Turkey Amandine -Spicy Veggie Pizza -Shrimp Fettuccine -Grilled Orange Pork Tenderloin -Poached Salmon with Alfredo Sauce -Parmesan Cups with Cheesy Filling Let The

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Everything Quick and Easy 30-Minute, 5-Ingredient Cookbook help you manage your busy schedule with mouth-watering meals your whole family will love!

The authors of the bestselling book Keto Meal Prep by FlavCity are back with simple, five-ingredient recipes to help newbie cooks make delicious dishes and learn how to shop smarter.

Just because you're in college doesn't mean you have to eat like it. With The 5-Ingredient College Cookbook, you can cook simple, delicious meals on the tightest of budgets and in the smallest of spaces. College food has developed quite the culinary "reputation." Most students don't have the time, money, or space to make meals like mom used to, so words like fast, cheap, and microwavable have become synonymous with college eating. But there IS a better way! Healthy cooking expert and cookbook author Pamela Ellgen brings you the latest in college cooking with The 5-Ingredient College Cookbook--the simplest college cookbook yet. By sticking to 5 easy-to-find main ingredients per recipe, The 5-Ingredient College Cookbook makes it easier than ever for students to cook tasty, high quality, healthy food for themselves. NO MONEY? Each recipe in this college cookbook calls for no more than 5 main, affordable, tasty ingredients NO TIME? Tried and true, these college cookbook recipes take 30 minutes or less from beginning to "yum!" NO EXPERIENCE? Helpful illustrations demonstrate how to prep common produce and even how to properly use a knife NO PROBLEM! 100+ of the most popular, student-approved recipes in this college cookbook include 3 variations to keep each one interesting time and time again Don't head to the cafeteria for overpriced soggy waffles or "controversial" mystery meat. With just 5 ingredients and 30 minutes you can enjoy any one of the delicious, college student favorites in this college cookbook, such as: Classic French Toast, No-bake Energy Balls, Mozzarella Sticks, Greek Pita Sandwiches, Thai Chicken Ramen, Creamy Chicken and Mushroom Fettuccine, and more

Healthy, fresh cooking made 5-ingredient fast--your guide to the Mediterranean diet. The Mediterranean diet isn't trendy--it's been around for centuries. It's still popular today due to its abundance of heart-healthy ingredients, fresh flavors, and simplicity in preparing. The 5-Ingredient Mediterranean Cookbook is your guide to easily incorporating this lifestyle to make tasty meals any night of the week--fast. From Roasted Red Snapper to Minty Watermelon Salad, learn how to make delectable, seasonal, healthy meals--all with just five simple ingredients. Stock up your pantry with Mediterranean essentials, find out how to select the best fruits and vegetables, and then get started making quick, nutritious meals. Living the Mediterranean diet hasn't been this fast and easy in hundreds of years. 5-Ingredient Mediterranean Diet includes: Mediterannean 101--101 wholesome, nutrient-dense recipes for breakfast, lunch, dinner and even dessert. Pro tips--Get hints and tricks with each recipe to help you prep, store, and swap ingredients with ease. Protein choices--Enjoy recipes that are easily tailored for whatever protein you prefer, like fish, chicken, beef, or even lentils and hummus. Let the 5-Ingredient Mediterranean Cookbook help you take advantage of this healthy and tasty lifestyle--all with simple ingredients.

Transform a Few Staple Ingredients into Spectacular Meals Dinner doesn't have to be complicated or time-consuming with Rebecca White's nourishing and exciting meals, prepared with only a few key ingredients already found in your pantry. With one-pot, sheet-pan and slow-cooked recipes, she'll show you how to make simple staples into standout meals. This incredible collection features recipes such as: • Sheet-Pan Cumin Chicken and Bell Peppers • One-Pan Lemon Parmesan Linguine • Porcini Beef Ragù • Braised Star Anise Short Ribs • Pan-Seared Lamb Chops with Shallots and Mushrooms • Duck Fat-Seared Scallops Whether you're making a convenient weeknight dinner or a party entrée that's sure to impress, stressful mealtimes will become a thing of the past.

Eating on a budget doesn

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