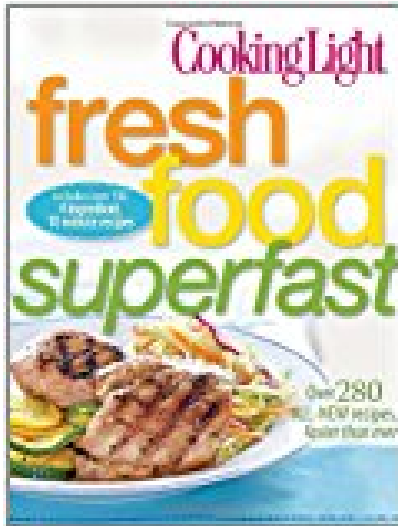


Cooking Light Fresh Food Superfast

Over 280 all-new recipes faster than ever



BOOK DETAILS

- Author : Editors of Cooking Light Magazine
- Pages : 368 Pages
- Publisher : Oxmoor House
- Language : English
- ISBN : 0848734335

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BOOK SYNOPSIS

The third book in the best-selling Fresh Food Fast series is helping the home cook go superfast. *Cooking Light Fresh Food Superfast* is packed with more than 280 all-new recipes that fit the trusted Fresh Food Fast 5-ingredient, 15-minute equation--and 100 of those can be prepared with 4 ingredients or less or in 10 minutes or less!

Following its popular predecessors, *Cooking Light Fresh Food Fast* and *Cooking Light Fresh Food Fast Weeknight Meals*, *Cooking Light Fresh Food Superfast* is packed with even more exciting features. "Fix It Faster" tip boxes offer suggestions on how to speed things up; "Ingredient Spotlights" focuses on fresh convenience products that help rev up prep time-without sacrificing freshness or flavor; "Quick Flips" offers substitution ideas to completely transform a recipe into a new one; and a "Seasonal Produce Guide" gives readers guidelines for fresh produce purchasing and storing. The book also provides a side dish suggestion for many recipes, as well as practical tips from the Cooking Light experts to help reduce time in the kitchen. From Prosciutto-Wrapped Chicken to Chocolate-Hazelnut Panini Sundaes, *Fresh Food Superfast* takes the guesswork out of meal planning and helps readers put dinner on the table in a flash.

COOKING LIGHT FRESH FOOD SUPERFAST OVER 280 ALL-NEW RECIPES FASTER THAN EVER

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