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Fresh Food Superfast: Over 280 All-New Recipes, Faster Than Ever (Paperback)

By -

Oxmoor House, Incorporated, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book. 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 flavour; 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.



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