



Cooking Light Fresh Food Fast Weeknight Meals: Over 280 Incredible Supper Solutions

Editors of Cooking Light Magazine

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Dinnertime stress is over! Enjoy over 280 all-new 5-ingredient, 5-minute recipes guaranteed to come together easily from start to finish-fast. With options for 2, 4, or 6 servings, households of all sizes can share a home-cooked meal.

These Test Kitchen approved recipes are tailor-made for hectic lifestyles and health-conscious families. More than recipes, this must-have collection offers over 160 full-color photographs, detailed nutritional analyses, ways to streamline prep so dinner is ready even faster, easy make-ahead options, assorted 10-minute side dishes, and suggestions for turning leftovers into tasty lunches-to-go. Helpful shortcut kitchen techniques show you how to shave minutes off your prep time, while simple ingredient pairing tips teach you to effortlessly craft a variety of mouthwatering meals from just a few flavor-boosting items. Serving wholesome, homecooked meals on busy evenings just got easier thanks to *Cooking Light Fresh Food Fast Weeknight Meals*. Family meals return with these ready-in-minutes recipes for healthy, delicious, satisfying dishes.

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