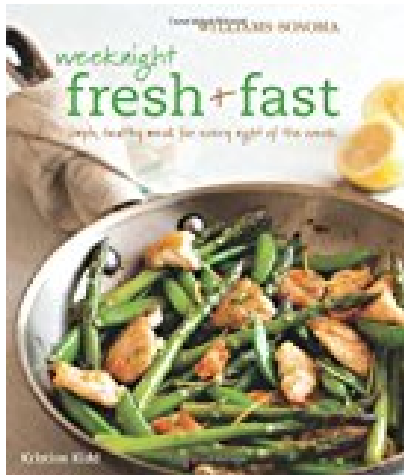


Weeknight Fresh & Fast Williams-Sonoma Simple Healthy Meals for Every Night of the Week



BOOK DETAILS

- Author : Kristine Kidd
- Pages : 240 Pages
- Publisher : Weldon Owen
- Language : English
- ISBN : 1616280573

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BOOK SYNOPSIS

Simple, healthy meals for every night of the week. Weeknight Fresh & Fast shows how to put a delicious, wholesome meal on the table every night of the week. Reflecting author Kristine Kidd's practical and flavorful approach to cooking, it offers quick, easy, and healthy dinner ideas for any time of the year, with dozens of choices for poultry, meat, seafood, pasta, egg dishes, soups, stews and more. Using fresh produce as the foundation, Kidd transforms fresh ingredients into delicious dishes: a lemony sauté of chicken cutlets, asparagus, and sugar snaps is perfect in the springtime; quickly grilled lamb chops with chunky peach salsa make the most of summer's abundance; a comforting risotto with earthy vegetables and creamy blue cheese is a creative way to highlight fall's bounty; juicy roasted salmon topped with tangy grapefruit and avocado relish makes the most of winter's citrus. Many recipes are perfect for two people and can easily be scaled up to serve more. Organized by season, chapters open with advice about the fresh ingredients and cooking methods best suited to the time of year. Also included are ideas for quick vegetable sides and fruit desserts as well as advice on stocking the pantry. Clever tips throughout offer enticing ways to round out meals, customize recipes to personal tastes, menu-planning strategies, and helpful ideas for turning leftovers into new suppers later in the week. With this solution-packed title on the shelf, you'll have a reliable road map for eating well every night, no matter what the day brings.

- Quick weeknight meal ideas for spring, summer, fall, winter - More than 100 recipes for meat, poultry, seafood, and vegetarian dinners - Ideas for rounding out the meal with quick sides and fruit-based desserts - Tips offer time-saving strategies, ideas for using leftovers, and more "This book reflects my personal cooking style and, I hope, will show you that preparing tasty, fresh, and quick meals can be fun if you follow three simple strategies: seek inspiration from the seasons; plan ahead; and keep a well-stocked pantry. Even if you are as busy as I am, try to take the time to cook and enjoy at least one meal every day, no matter what the day brings."

-Kristine Kidd

WEEKNIGHT FRESH & FAST WILLIAMS-SONOMA SIMPLE HEALTHY MEALS FOR EVERY NIGHT OF THE WEEK

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