



Cooking Light Superfast Suppers: Speedy Solutions for Dinner Dilemmas

Editors of Cooking Light Magazine

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In a world that makes ever-increasing demands on people's time, Superfast Suppers is indeed a lifesaver. Innovative recipes with carefully calculated ingredients (never more than 10), and attenuated prep times (not longer than 20 minutes), get cooks in and out of the kitchen in record time to put delicious meals on the table. Clever and always quick, Superfast Suppers will revolutionize your cooking with no loss of nutrition and no compromise in taste. Especially notable are the 20 recipes with less than 10 minutes of prep time, the 10 slow-cooker dinners and the 25 `Deadline Desserts` which require only 15 minutes from beginning to `yum!` Finally, this book boasts the unique `Have It Your Way` chapter that lets everyone create their own special meal from one basic item and a plethora of toppings. Any way you slice it, Superfast Suppers is a must-have for today's families on the go.

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