



## Amazing 7 Minute Meals: Over 100 Recipes Ready in Less Than 7 Minutes Cooking Time

By Yvonne Stephens

Skyhorse Publishing. Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 9.5in. x 8.0in. x 0.9in. Were all strapped for time. More often than not, theres just not enough time in the day to spend hours putting together a meal. Fast food is no longer the answer. Amazing 7-Minute Meals gives you the tools to create a variety of healthy dishes that can be tailored to anyones taste buds, giving you more free time in the process. Professional chef Yvonne Stephens is on a mission to prove that healthy eating is much faster, easier, and cheaper than you think. Her recipes create complete meals in a fraction of the time you're used to spending in the kitchen. Ranging from Chinese and Vietnamese to Caribbean and South American, the variety of flavors and culinary techniques found here is astounding for such a compact collection. Organized in an easy-to-follow manner and categorized by main ingredient, theres a meal to everyones liking in this groundbreaking book that is half recipe collection, half philosophical and dietary bible. More than just a collection of great meals, Stephenss book shows you how to budget your time and money when it comes to the kitchen, and will transform the way...

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