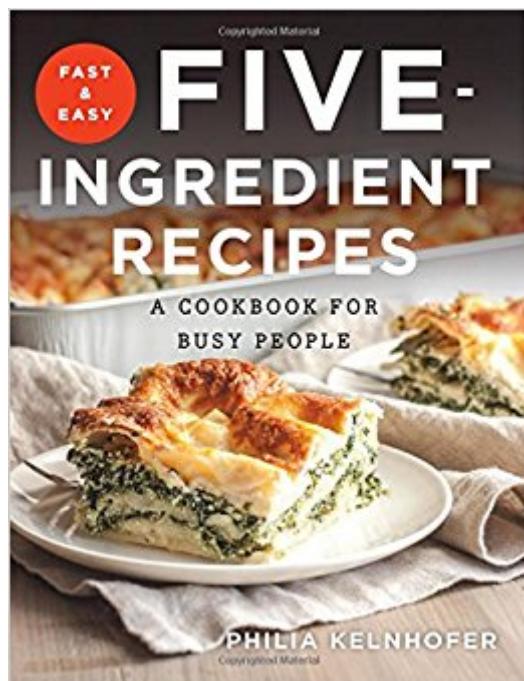


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# Fast And Easy Five-Ingredient Recipes: A Cookbook For Busy People



## Synopsis

When you're short on time, you'll love these big-on-flavor, crazy easy meals. Cooking can sometimes involve mile-long ingredient lists and require more time than one cares to spend in the kitchen after a busy day. With Fast and Easy Five Ingredient Recipes you'll find over 100 recipes that only require five ingredients (or less) and use simple ingredients in unique ways. Recipes include: Southern Style Chicken Sliders, Spinach Alfredo Lasagna, Pulled Pork Carnita Tacos, Homemade Pizza Pockets, Peanut Butter Sea Salt Cookies. Whether for weeknight meals or last minute dinner parties, these five-ingredient recipes will save you time and money and they're delicious too! 95 color photographs.

## Book Information

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## Customer Reviews

Philia Kelnhofer (aka "Phi") started her food blog sweetphi.com as a place to share her favorite recipes with friends and family. After getting numerous requests for more of her five-ingredient meals, she introduced Five Ingredient Fridays with the simple belief that "five ingredients is all it takes to create fantastic dishes." A native of Chicago, Phi attended graduate school at Cornell University in New York, has lived in North Carolina, and now calls Milwaukee, WI home where she lives with her husband and their dog. Although she works full time, her passion is cooking and showing people that delicious food doesn't have to have a bazillion ingredients or be intimidating to make. She knows the true meaning of being busy yet still wanting to make a delicious meal.

WeÃ¢ÂÂ™ve all had those nights when we come home from a rough day at the cubicle farm only to find the kids are screaming and jumping on the furniture chanting Ã¢ÂœWANNA EAT!Ã¢ÂÂ• over and over and over again. Your droopy eyes lock on to your spouse, the love of your life, who looks back at you with a frazzled countenance and mutters through gritted teeth, Ã¢ÂœÃ¢ÂÂ•ve had enough, you deal with it.Ã¢ÂÂ• Now itÃ¢ÂÂ™s on you to do something and do it fast. What better way to quickly regain a small sense of normalcy in your life than to whip up a quick meal? Ms. Kelnhofers book, Ã¢ÂœFast & Easy Five-Ingredient RecipesÃ¢ÂÂ• has you covered on Page 83 with a quick and tasty stove-top mac and cheese the kids will love as they shovel it quietly into their tiny little cake holes. What do you do on those cold, blustery, frustrating Sunday afternoons while you watch your fantasy league defense get shredded by a running back whoÃ¢ÂÂ™s the second coming of Walter Payton? Shred yourself some cheese and try the delicious the Cheesy Leek Dip on Page 58 as a quick pick-me-up. This recipe was one of my personal favorites. I know that some of you reading this probably get dogged by your family for not being as dependable as your Cousin Steve and now itÃ¢ÂÂ™s 10 minutes before you have to leave for your nephews graduation party and you just remembered you promised your Aunt Helen that youÃ¢ÂÂ™d bring an appetizer. Well, Cousin Steve can suck it because as fast as you can dice a tomato and a slice a green onion you can get yourself back in the familyÃ¢ÂÂ™s good graces with another favorite of mine, the tasty Mediterranean dip on Page 62. Like many of you, I consider the joining of peanut butter to chocolate to be a sacred gift from God and I will straight-up murder anybody who attempts to rob me of that gift. But now I never have to worry about state-sponsored incarceration as long as I can quickly whip up the delicious brownie bites on page 161 and marry them in a divine union to the peanut butter sea salt cookies on page 169. Thank you for my freedom, Ms. Kelnhofers. A lot of cookbooks provide recipes and instructions for combining lists of ingredients, but with no pictures youÃ¢ÂÂ™re left to wonder if the charred mess that you just attempted was what the author really intended. Wonder no more because Ã¢ÂœFast & Easy Five-Ingredient RecipesÃ¢ÂÂ• has beautiful, high quality pictures of every recipe so youÃ¢ÂÂ™ll know exactly what you should be eating. Whether youÃ¢ÂÂ™re tired and hungry from a long day at work, need a quick ego boost, repairing family bonds, fixated on a flavor orgasm or just want to whip up a quick and tasty meal for you and the family, youÃ¢ÂÂ™ll find (as I have) some great, fast and easy recipes in this book.

I have been searching for a cookbook with easy meals that actually have ingredients I can afford. Most of these recipes look good too. The ones I have made so far have been excellent.

I love, love, love this cookbook! What a bargain. Some of my favorites: Crispy bacon & Brussels sprouts salad, Sunrise salmon, & Brat & caramelized onion pizza just to name a few. Lots of beautiful pictures that will have you salivating before you even start cooking. Would make great holiday presents, a real bargain. Also has menus & shopping lists along with other helpful info. It was more than I expected. I will be using this a lot.

Awesome book! As a full-time working mom of two, this makes menu planning much easier!

This is absolutely one of my favorite cookbooks. Easy ingredients with well-written instructions. Many "5 ingredients or less" cookbooks do not include staples in the 5 or less calculation-this does.

Love this book. Truly great recipes with five basic ingredients. Tried the spinach lasagna and it came out picture perfect. I have lots of other recipes marked with post-its that I want to try soon. If you are a practical and budget-minded, not gourmet cook, you won't regret this purchase.

Great addition to my ever expanding cookbook shelves. Plus, I've given this cookbook as a gift at least 6 times. It's full of easy, delicious recipes!

Bought for a friend and she loves it. She's a busy mom and need help coming up with quick recipes. Great balanced recipes that her little one will enjoy, a lot of veges..

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