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Quickies for Couples: Fast, Fresh Recipes for Two (Quickies, 1)

Katy Scott

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When you've had a tiring day at the office, running after-work errands, going to classes, or working out at the gym, the last thing you want to do when you get home is spend more than an hour in the kitchen preparing a meal. Few cookbooks speak as directly to busy working couples today as *Quickies for Couples: Fast, Fresh Recipes for Two.* Filled with comprehensive culinary ideas, from kitchen safety, shopping, and food storage tips to flavorful appetizers, entrées, side dishes, and desserts, it presents a wide range of culinary information for busy people. Here couples can find creative ways to choose ingredients they already have on hand, thus making the chore of preparing meals an easy and rewarding experience.
The recipes in *Quickies for Couples* are characterized by the following qualities:

* Flavorful: Lots of delicious favorites and family recipes presented, including favorites like oatmeal cookies, baked french fries, and seven-layer dips.

* Fast: Most of the recipes can be prepared in 30 minutes or less.

* Friendly: Recipes are presented in plain English with easy-to-follow instructions. The equipment needed is also listed for each recipe.

* Fresh: Where possible, fresh ingredients and spices are used. The recipes call for very few processed or canned items, and the authors encourage the use of fresh ingredients such as basil, cheese, nuts, fresh vegetables, and fruits.

Quickies for Couples provides a little zest to any meal, making cooking healthy, quick, fun, and rewarding.

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