



## **20 Minute Express Recipes for Busy People**

*Ericka Smits*

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Most people, when thinking of cutting down the time spent in the kitchen, believe that this means buying more take-out and/or processed foods that are laden with calories, fat and sodium. But it doesn't have to be that way. Anybody can prepare a meal that will keep their time in the hot kitchen to a minimal yet without sacrificing on health.

This cookbook offers 70 meal ideas that you can prepare in 20 minutes or less. You will find everything from:

### Chapter One – Appetizers, Snacks and Beverages

Start your party with a savory dip and veggies, snack on a tasty wrap, or sip a refreshing beverage.

### Chapter Two – Breads

From delightful pancakes and waffles to tasty biscuits - look for these speedy recipes to begin the morning or round out your evening meal.

### Chapter Three – Main Dishes

Perfectly seasoned meats and chicken, fabulous fish, and satisfying meatless dishes – any one of these hearty entrées can be on the table in 20 minutes or less.

### Chapter Four – Soups and Sandwiches

Need a quick lunch or supper? These creative, flavorful soups and sandwiches are sure to satisfy all ages and the hungriest of appetites.

### Chapter Five – Salads

Venture beyond everyday lettuce to experience our fresh blends of greens, vegetables, or fruit – some with added protein, so they are hearty enough for a meal.

### Chapter Six – Side Dishes

Don't let sides be an afterthought – turn to these simple, high-flavor vegetables, pastas, and grains for family and company meals.

### Chapter Seven – Desserts

Treat yourself to a refreshing fruit combo, indulge in a rich zabaglione with fresh fruit, or enjoy Amaretto strawberries over angel food cake - whatever you choose, I guarantee satisfaction!

## 20 Minute Express Recipes for Busy People Details

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# **From Reader Review 20 Minute Express Recipes for Busy People for online ebook**

**Valerie says**

**Great Recipes**

This book has a lot of great looking recipes that I really just can't wait to try out on my family!

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**Kay says**

Recipes to try: Chicken Lettuce Wrap, Parmesan-Basil Biscuits

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**Maria Miaoulis says**

When you come home after a long day of work, the last thing you want to do is slave over a hot stove for the rest of the night. With this book though, all you need is 20 minutes from start to finish to get a good meal on the table!

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**Julie Barrett says**

20 Minute Express Recipes for Busy People by Ericka Smits

Love the tips at the very beginning on how to get out of the kitchen preparing quick nutritious meals. Each chapter/category also has the listings of recipes so you can glance through and find one with the ingredients you have on hand.

Love this book because it also lists the nutrition labels!!!!

French toast wins out for us also as it's 0 cholesterol.

Grilled cauliflower sounds enticing enough to try also as we try to eat healthier.

Pictures of the dishes made are a nice touch.

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