

《四种材料一个菜 Just 4 Thi》

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内容概要

For everyday eating, nothing beats home-cooking for flavor, variety, and nutrition, but the demands of modern living mean that it isn't always easy to find the time to shop for, prepare, cook, and even clean up after a home-cooked meal. Preparing delicious, healthy dishes doesn't have to be a time-consuming chore, however, as Just 4 Things proves. Using just four ingredients, the recipes in this book provide an exciting variety of great-tasting dishes you can create quickly and easily. They range from great midweek family suppers to quick after-school snacks and light lunches, and from hearty stews, roasts, and bakes to impressively elegant dinner party dishes. Beautifully illustrated with full-color photography, all the recipes in this book are written in easy-to-follow, step-by-step instructions, and are simple to prepare. So get cooking and see how easy it is to cook with Just 4 Things.

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