

5 Ingredients Quick Easy Food

While many cookbooks and cooking shows would have us think that cooking dinner involves long lists of ingredients and several hours of commitment in the kitchen, Sue Quinn proves that it really doesn't have to be that way. Here's how to prepare wonderful food quickly and easily with a handful of well-chosen ingredients. Tip One: Keep your pantry stocked with fresh pasta, jars of marinated vegetables, frozen fruit, punchy sauces, cans of passatta and excellent stock cubes or bouillon powders - all great short-cut ingredients that mean you can cook speedily without compromising on flavour. Tip Two: assemble all your ingredients and cooking utensils before you start cooking. There are 160 recipes all up, from plates to share and light bites, salads and soups, to pasta dishes, meat, poultry and seafood dishes and desserts.

You choose the cooking method for each recipe! A delightful new cookbook from one of the bestselling cookbook authors in North America, Phyllis Good. These 5-ingredient recipes use only wholesome ingredients--natural, honest, and delicious. (No canned soups, no cake mixes, no processed meats, no stabilizers.) Nearly all of the 130+ convenient recipes are presented with two or more ways to prepare them. You pick which works best for you and the time you have: electric pressure cooker, slow cooker, stove top, oven, no-cook. Many of the recipes rise out of global eating, with Syrian, Guatemalan, Indian, Korean, and Thai influences, along with Italian and Mexican. All approachable and no-fuss. Quality ingredients. Convenient prep. Satisfyingly flavorful finished dishes.

Simple Weeknight Meals Using Your Favorite In-Store Products Transform popular Trader Joe's products into delicious dishes that will have everyone begging for your recipe. It's easy to make incredible home-cooked meals with the flavorful in-store items you already love, and for the ultimate convenience, these satisfying recipes feature five or fewer affordable ingredients. Whether you're new to cooking, low on time or hoping to mix up your Trader Joe's haul, Tracey Korsen of the Tracey Joe's blog has you covered. Learn to whip up comforting dinners, decadent desserts, takeout copycats and more. For a perfect, protein-packed lunch, pair microwavable rice, Sriracha Flavored Baked Tofu and fresh toppings like power greens and avocado. Craving a soothing, creamy soup? Combine fire-roasted tomatoes with cheesy ravioli, broth and Italian sausage. With just a few simple hacks, frozen shrimp tempura becomes an epic New Orleans po'boy, and you can even jazz up their gluten-free baking mix to make heavenly caramel-filled chocolate chip cookies. These comforting creations require minimal prep, thanks to Tracey's inventive pairings and Trader Joe's uniquely tasty, time-saving ingredients. With this game-changing collection, anyone can enjoy exciting yet effortless cooking every day of the week!

The debut cookbook by the creator of the wildly popular blog Damn Delicious proves that quick and easy doesn't have to mean boring. Blogger Chungah Rhee has attracted millions of devoted fans with recipes that are undeniable 'keepers'-each one so simple, so easy, and so flavor-packed, that you reach for them busy night after busy night. In Damn Delicious, she shares exclusive new recipes as well as her most beloved dishes, all designed to bring fun and excitement into everyday cooking. From five-ingredient Mini Deep Dish Pizzas to no-fuss Sheet Pan Steak & Veggies and 20-minute Spaghetti Carbonara, the recipes will help even the most inexperienced cooks spend less time in the kitchen and more time around the table. Packed with quickie breakfasts, 30-minute skillet sprints, and speedy takeout copycats, this cookbook is guaranteed to inspire readers to whip up fast, healthy, homemade meals that are truly 'damn delicious!'

Cook Fast, Eat Well

Taste of Home 5-Ingredient Cookbook

The "I Love My Air Fryer" 5-Ingredient Recipe Book

Simple Weeknight Meals Using Your Favorite In-Store Products

Five-Ingredient Dinners

The Super Easy 5-Ingredient Cookbook

The Skinnytaste Cookbook

Test cooks share their favorite low-effort, high-reward complete weeknight dinners, most ready in an hour or less. Imagine surveying your pantry or fridge and realizing you already have every ingredient you need to make any number of fast, flavor-packed meals. Sounds like a dream? These back-pocket dinners make it a reality, with recipes that transform foods such as a rotisserie chicken, a baguette, hummus, or quinoa into full meals using just five ingredients (plus salt, pepper, and fat) that require little in the way of planning. What these recipes lack in ingredients, they more than make up for in flavor and creativity. We use simple techniques to our advantage to coax the maximum amount of oomph out of each component: • Turn rotisserie chicken into a cheesy, melty tart with frozen spinach, Brie, and store-bought crust • Shape lemony meatballs from ground chicken and quinoa--given a flavor boost from garlicky hummus that doubles as the base for a sauce • Get resourceful with our Grilled Tofu with Charred Broccoli, Peanut Sauce, and Crispy Shallots, repurposing the often drained-away shallot frying oil to coat the broccoli before grilling for an added layer of savoriness With each recipe, a test cook's commentary gives an inside peek into the recipe creation process, whether offering a tip for using a high-impact ingredient like red curry paste or oil-packed sun-dried tomatoes (we help you compile a treasure trove of useful flavor bombs) or an imaginative technique (such as mincing carrot tops for a garnish). These recipes and tips will have you looking at your pantry with fresh eyes.

Healthy, fresh cooking made 5-ingredient fast--your guide to the Mediterranean diet. The Mediterranean diet isn't trendy--it's been around for centuries. It's still popular today due to its abundance of heart-healthy ingredients, fresh flavors, and simplicity in preparing. The 5-Ingredient Mediterranean Cookbook is your guide to easily incorporating this lifestyle to make tasty meals any night of the week--fast. From Roasted Red Snapper to Minty Watermelon Salad, learn how to make delectable, seasonal, healthy meals--all with just five simple ingredients. Stock up your pantry with Mediterranean essentials, find out how to select the best fruits and vegetables, and then get started making quick, nutritious meals. Living the Mediterranean diet hasn't been this fast and easy in hundreds of years. 5-Ingredient Mediterranean Diet includes: Mediterannean 101--101 wholesome, nutrient-dense recipes for breakfast, lunch, dinner and even dessert. Pro tips--Get hints and tricks with each recipe to help you prep, store, and swap ingredients with ease. Protein choices--Enjoy recipes that are easily tailored for whatever protein you prefer, like fish, chicken, beef, or even lentils and hummus. Let the 5-Ingredient Mediterranean Cookbook help you take advantage of this healthy and tasty lifestyle--all with simple ingredients.

Taste of Home 5-Ingredient Healthy Cookbook -Eating right has never been easier than with this all-new book from Taste of Home. Tall on flavor, short on prep work, 5-Ingredient Healthy Cookbook offers hundreds of satisfying main dishes, desserts, snacks and more. 300+ recipes that cut fat, sugar, calories and carbs quickly, easily and deliciously while keeping recipes to 5 ingredients! Eating right has never been easier than with this all-new book from Taste of Home. Tall on flavor, short on prep work, 5-Ingredient Healthy Cookbook offers hundreds of satisfying main dishes, desserts, snacks and more...all of which come together with a handful of good-for-you kitchen staples. You'll even find five-ingredient pizzas and pastas, sandwiches, side dishes and breakfasts--all loaded with family-pleasing taste and fewer calories than expected. Nutrition Facts with every recipe, Diabetic Exchanges, full-color photos and step-by-step directions make it easier than ever to enjoy the foods you love without the extra sodium, carbs and sugar. Eat right, feel great and spend less time in the kitchen when you turn to 5-Ingredient Healthy Cookbook 60+ easy recipes with 5 ingredients or less.

5 Ingredients

The Easy 5-Ingredient Pescatarian Cookbook

100 Super Easy, Super Fast Recipes

5-Ingredient Slow Cooker Recipes

The Complete 5-Ingredient Cookbook

Jamie's 30-Minute Meals

Cooking Has Never Been Easier with These Five Ingredient Meals #1 Bestseller in Slow Cooker Recipes, Heart Healthy Cooking, Diets & Weight Loss, Budget Cooking, and Green Housekeeping You don't have to be a chef to create delicious food. In fact, it only takes a handful of ingredients to make mouthwatering meals. This cookbook by Bobby and Dessi Parrish is packed full of simple, healthy recipes that even newbie cooks will find easy to make. An introduction to easy cooking. Cooking doesn't have to be complicated. Food Network champion Bobby Parrish shares the ins and outs of their 5-ingredient meals and assures us that his quick and easy recipes are doable for anyone and everyone. By keeping the recipes to five ingredients, Bobby demonstrates just how easy cooking can be. From savory snacks to simple dinner ideas packed with flavor, this easy (and healthy!) recipe book is just what your kitchen needs. But Bobby and Dessi's tips don't stop there—they know that a key aspect of these simple healthy recipes is the prep work that's done at the grocery store beforehand. Hacks for smarter grocery shopping. Going to the grocery can be a bit overwhelming at times, especially if your list is long! Fortunately, these five-ingredient recipes make grocery shopping easier on you. But smarter grocery shopping is about more than what's on your list. It's about knowing how to pick the "best in class" products. Armed with the expertise that Bobby and Dessi have to offer, you'll learn how to be a more confident and capable shopper. Open up this cookbook by Bobby and Dessi Parrish of FlavCity and find:

- 50 healthy eating recipes that only take five ingredients
- Advice for cooking with a combination of store-bought and fresh items
- Essential insight into smarter grocery shopping

If you enjoyed books like *Half Baked Harvest Super Simple*, *Dining In*, *Keto Meal Prep*, *Where Cooking Begins*, or *The Easy 5-Ingredient Healthy Cookbook*, then you'll love Flavcity's *5 Ingredient Meals*.

Presents a collection of recipes for quick-preparation, fitness-oriented family meals for busy weeknights that includes options inspired by ten different ethnic cuisines and is complemented by nutritional information and helpful side notes.

From the trusted nutritionist behind the bestselling healthy cookbook on meal prep comes The Easy 5-Ingredient Healthy Cookbook--your next course in healthy meals made super simple. Keeping balanced meals on the table can be tough when you're busy. That's why registered dietitian nutritionist and bestselling healthy cookbook author, Toby Amidor, created The Easy 5-Ingredient Healthy Cookbook. With truly simple 5-ingredient recipes--many of which are ready to eat in 30 minutes or require just one cooking vessel--The Easy 5-Ingredient Healthy Cookbook is your solution to eating healthy on a hectic schedule. Your complete healthy cookbook for hassle-free, nutritious meals, The Easy 5-Ingredient Healthy Cookbook contains: 150 no-fuss recipes using only 5 easy-to-find main ingredients per meal Quick, no-mess meals requiring only 30-minutes to make or one-pot Healthy cooking bonus tips including meal planning guidelines and grocery shopping advice that are unique to this healthy cookbook A healthy

cookbook with a simple solution to nutritious meals--The Easy 5-Ingredient Healthy Cookbook helps you eat well even when you're busy.

Ideal for busy nights, these comfort-food staples also fill the bill for weekend menus, after-school snacks and breakfast emergencies. Enjoy easy comfort foods everyday with this exciting new book. Preparing a stick-to-your-ribs dish doesn't have to eat up hours of kitchen time. Simply turn to 5-Ingredient Comfort Food, the latest cookbook from Taste of Home. Hearty mac & cheese, four-layer lasagna, crispy fried chicken, savory enchiladas and moist chocolate cake...look inside for these satisfying specialties and hundreds of others. Each recipe requires just five ingredients (or fewer!), most of which are likely in your pantry and refrigerator already. What could be quicker? CHAPTERS Breakfast Snacks & Appetizers Sides & Breads Main Courses Soups & Sandwiches Cookies, Bars & Brownies Cakes, Pies & Desserts RECIPES Pizza Egg Rolls Warm Spinach-Artichoke Dip Cheeseburger Soup Buttery Focaccia Chicago-Style Stuffed Pizza Chicken & Dumping Casserole Beefy Tortilla Bake Mom's Meat Loaf Hearty Beef Stew Meatball Subs Taco Lasagna Slow-Cooker Sloppy Joes Macaroni Salad Garlic Mashed Potatoes Peanut Butter Kiss Cookies Fudgy Brownie Pie Apple Crisp Ho-Ho Cake

5-Ingredient Cooking for Two: 100 Recipes Portioned for Pairs

Easy Gourmet Cooking with Just a Handful of Ingredients

30-Minute Recipes to Get Started in the Kitchen

50 Easy & Tasty Recipes Using the Best Ingredients from the Grocery Store

Damn Delicious

Memorable Meals, Made Easy

Quick and Easy Food

This edition has been adapted for the US market. From simple suppers and family favorites, to weekend dishes for sharing with friends, this book is packed full of phenomenal food - pure and simple. Whether it's embracing a meat-free day or two each week, living a vegetarian lifestyle, or just wanting to try some brilliant new flavor combinations, this book ticks all the boxes. Super-tasty, brilliantly simple, but inventive veg dishes include: · AMAZING VEGGIE CHILI, comforting black rice, zingy crunchy salsa and chili-rippled yogurt · GREENS MAC 'N' CHEESE with leek, broccoli & spinach and a toasted almond topping · VEGGIE PAD THAI, crispy fried eggs, special tamarind & tofu sauce and peanut sprinkle · SUPER SPINACH PANCAKES with avocado, tomato and cottage cheese · SUMMER TAGLIATELLE, basil & almond pesto, broken potatoes and delicate green veg With chapters on Soups & Sandwiches, Brunch, Pies & Bakes, Curries & Stews, Salads, Burgers & Fritters, Pasta, Rice & Noodles, and Traybakes there's something tasty for every occasion. Sharing simple tips and tricks that will excite the taste buds, this book will give you the confidence to up your vegetable intake and widen your recipe repertoire, safe in the knowledge that it'll taste utterly delicious. It will also leave you feeling full, satisfied and happy - and not missing meat from your plate. "It's all about celebrating really good, tasty food that just happens to be meat-free." Jamie Oliver Get all the protein you need with these snap-of-a-finger recipes! Always having fresh, nutritious meals available can be a serious challenge when you're often busy and care about your physique. That's why this cookbook was developed; to make your life in-, and outside the kitchen easier. With amazing combinations of only five ingredients, here are 76 inventive recipes that you can quickly prepare at home, any day of the week. From wholesome pancakes and puddings to exciting bowls and burgers, and hearty salads and snacks -- all 100% oil-free and good for roughly 25 % protein. Out of these 87 protein-rich recipes: - 82 are peanut-free - 72 are nut-free - 72 are gluten-free - 51 are soy-free All recipes list allergen-friendly substitutes. These dishes help you prevent waste and are all about great flavor, minimal hassle and compliment an active lifestyle. Mouthwatering photos, macronutrient breakdowns per portion and recommended storage times are included with every recipe, plus both US- & Metric-measurements! With the '5-Ingredient Plant-Based Cookbook', you'll have access to a lifetime of nourishing, delicious meals with just five simple ingredients.

Get your complete meals from kitchen to table in no time at all, in the bestselling Jamie's 30-Minute Meals Make your kitchen work for you . . . Jamie Oliver will teach you how to make good food super fast! Jamie proves that, by mastering a few tricks and being organized and focused in the kitchen, it is absolutely possible, and easy, to get a complete meal on the table in the same amount of time you'd normally spend making one dish! The 50 brand-new meal ideas in this book are exciting, varied and seasonal. They include main course recipes with side dishes as well as puddings and drinks, and are all meals you'll be proud to serve your family and friends. Set meals include melt-in-the-mouth Spring Lamb with Veg and a deep Chianti Gravy followed by Chocolate Fondue and a Mushroom Risotto with Spinach Salad and moreish Lemon and Raspberry Cheesecake. Last minute lunch plans? No problem. Jamie's 30-Minute Meals not only includes stunning three course meals, but also light lunches like tender Duck Salad followed by creamy Rice Pudding and Stewed Fruit. Jamie offers a tasty dish for every occasion and has written the recipes in a way that will help you make the most of every single minute in the kitchen. This book is as practical as it is beautiful, showing that with a bit of preparation, the right equipment and some organization, hearty, delicious, quick meals are less than half an hour away. With the help of Jamie Oliver and Jamie's 30-Minute Meals, you'll be amazed by what you're able to achieve. 'There is only one Jamie Oliver. Great to watch. Great to cook' Delia Smith

"Nava Atlas has solutions for maintaining sophisticated flavors in the dishes she creates and still manages to keep the ingredients healthy." —Cooking Light Eating healthfully is a challenge for those with fast-paced lives. In The Vegetarian 5-Ingredient Gourmet, Nava Atlas pares meal preparation down to the essentials, using just a few high-quality ingredients in each delicious dish. Focusing on whole foods and fresh produce (with a little help from convenient natural sauces and condiments) she serves up a varied range of choices for everyday fare. More than 250 recipes include soups, salads, and pastas; grain, bean, and soy entrees; wraps and sandwich fillings; simple side dishes; fruit-filled finales; and more. The full-flavored fare made from five ingredients or less includes Curried Red Lentil and Spinach Soup; Greek-Flavored Potato Salad; Black Bean Nachos Grandes; Baked Barbecue Tofu and Peppers; and Miniature Fresh Fruit Tarts. Filled with ingenious shortcuts and sprinkled with kitchen wisdom and tips throughout, The Vegetarian 5-Ingredient Gourmet also offers the reader dozens of menu suggestions to help make meal planning effortless. From sophisticated (Mixed Greens with Pears, Cranberries, and Goat Cheese) to kid-friendly (Peanut Butter Noodles), here are recipes to suit every taste. Nava Atlas makes it simple for busy families or active singles to eat the kind of high-nutrient foods everyone needs and to enjoy the robust flavors everyone craves.

5 Ingredients 15 Minutes

101 Easy & Flavorful Recipes for Every Day

Ultimate Veg

Cooking with 5 Ingredients from Trader Joe's Together

Robin Takes 5

Easy, Elegant, and Irresistible Recipes

7 Ways to reinvent your favorite ingredients with more than 120 new, exciting and tasty recipes Naked Chef television personality Jamie Oliver has looked at the top ingredients we buy week in, week out. We're talking about those meal staples we pick up without thinking - chicken breasts, salmon fillets, ground beef, eggs, potatoes, broccoli, mushrooms, to name but a few. We're all busy, but that shouldn't stop us from having a tasty, nutritious meal after a long day at work or looking after the kids. So, rather than trying to change what we buy, Jamie wants to give everyone new inspiration for their favorite supermarket ingredients. Jamie will share 7 achievable, exciting and tasty ways to cook 18 of our favorite ingredients, and each recipe will include no more than 8 ingredients. Across the book, at least 70% of the recipes will be everyday options from both an ease and nutritional point of view, meaning you're covered for every day of the week. With everything from fakeaways and traybakes to family and freezer favorites, you'll find bags of inspiration to help you mix things up in the kitchen. Step up, 7 Ways, the most reader-focused cookbook Jamie has ever written.

The Super Easy 5 Ingredient Cookbook makes wholesome, everyday meals easier with minimal time, effort, and money. A handful of the right ingredients can make eating fresh easy every day. The Super Easy 5 Ingredient Cookbook offers the easiest whole foods recipes to whip up 5 ingredient meals to save you time, effort, and money. This 5 ingredient cookbook limits the time and effort you spend shopping, prepping, and cooking with 5 or fewer affordable, everyday ingredients. To add efficiency to convenience, the recipes in The Super Easy 5 Ingredient Cookbook are classified by 30 minutes or less, one-vessel, no cook, and freezer-friendly dishes. From Spaghetti Squash Pomodoro to Rosemary-Garlic Pork Tenderloin, The Super Easy 5 Ingredient Cookbook makes good meals effortless with: Kitchen hacks that offer smart shopping tips, meal planning basics, and pantry essentials 5 simple ingredients that are easy to find in any standard grocery store 100 super easy recipes that use few ingredients and are classified as one-pot, one-pan, one-dish, freezer-friendly, no cook, or 30-minute dishes You don't need to give up convenience for a fresh, homemade dinner. The Super Easy 5 Ingredient Cookbook gives you all of the ingredients you need to keep it simple in the kitchen.

Get the recipes everyone is talking about in the debut cookbook from the wildly popular blog, Skinnytaste. Gina Homolka is America's most trusted home cook when it comes to easy, flavorful recipes that are miraculously low-calorie and made from all-natural, easy-to-find ingredients. Her blog, Skinnytaste is the number one go-to site for slimmed down recipes that you'd swear are anything but. It only takes one look to see why people go crazy for Gina's food: cheesy, creamy Fettuccini Alfredo with Chicken and Broccoli with only 420 calories per serving, breakfast dishes like Make-Ahead Western Omelet "Muffins" that truly fill you up until lunchtime, and sweets such as Double Chocolate Chip Walnut Cookies that are low in sugar and butter-free but still totally indulgent. The Skinnytaste Cookbook features 150 amazing recipes: 125 all-new dishes and 25 must-have favorites. As a busy mother of two, Gina started Skinnytaste when she wanted to lose a few pounds herself. She turned to Weight Watchers for help and liked the program but struggled to find enough tempting recipes to help her stay on track. Instead, she started "skinny-fying" her favorite meals so that she could eat happily while losing weight. With 100 stunning photographs and detailed nutritional information for every recipe, The Skinnytaste Cookbook is an incredible resource of fulfilling, joy-inducing meals that every home cook will love.

Jamie's Everyday Super Food makes eating well delicious, easy and fun No matter how busy you are, you'll find that healthy eating the Jamie way is both simple and achievable, making it super easy to choose exactly the kind of meals that suit you. The book is divided into breakfasts (up to 400 calories), lunches (up to 600 calories) and dinners (up to 600 calories), and every tasty meal is nutritionally balanced so that any combination over the day will bring you in under your recommended daily allowance of calories (2000 women/2,500 men), allowing you to enjoy snacks and drinks on the side. You can eat Smoothie Pancakes with Berries, Banana, Yoghurt and Nuts for breakfast, Tasty Fish Tacos with Game-Changing Kiwi, Lime and Chilli Salsa for lunch and Griddled Steak and Peppers with Herby-Jewelled Tabbouleh Rice for dinner, and still be healthy! Whether you dip in and out of it, eat from the book Monday to Friday or use it faithfully every day for a month, it's totally up to you. In Everyday Super Food, Jamie's done all the hard work for you - all you need to do is choose a delicious recipe, cook it up and, most importantly, enjoy it. Every meal in this book is a good choice and will bring you a step closer to a healthier, happier you. 'Packed with vitamins, bursting with flavour: irresistible new recipes from Jamie Oliver' Sunday Times 'The healthy recipes that helped Jamie lose two stone' Sunday Times 'Our failsafe foodie of choice' Sunday Times 'Jamie Oliver is great - I'd put him in charge of the country' Guardian

5-Ingredient Whole-Food, Plant-Based Cookbook

5-Ingredient Plant-Based High-Protein Cookbook

5 Ingredient Mediterranean Cookbook

Quick and Easy 5-Ingredient Cookbook

Quick & Easy Food

75 Effortless Recipes for Busy Cooks

5 Ingredient Cookbook

Popular husband-and-wife bloggers and podcasters (acouplecooks.com) offer 100 recipes with an emphasis on whole foods and getting into the kitchen together. The couple's non-diet approach features simple lifestyle changes to make healthy cooking sustainable, rather than a short-term fix. A love story at its finest, Alex and Sonja Overhiser first fell for each other--and then the kitchen. In a matter of months, the writer-photographer duo went from eating fast and frozen food to regularly cooking vegetarian meals from scratch. Together, the two unraveled a "pretty simple" approach to home cooking that kicks the diet in favor of long-term lifestyle changes. While cooking isn't always easy or quick, it can be pretty simple by finding love in the process. A Couple Cooks | Pretty Simple Cooking is an irresistible combination of spirited writing, nourishing recipes with a Mediterranean flair, and vibrant photography. Dubbed a "vegetarian cookbook for non-vegetarians", it's a beautiful book that's food for thought, at the same time providing real food recipes for eating around the table. The book features: 100 vegetarian recipes, with 75 vegan and 90 gluten-free options A full-color photograph for every recipe Recipes arranged from quickest to more time-consuming 10 life lessons for a sustainably healthy approach to cooking, artfully illustrated with a custom watercolor

Take 5 . . . ingredients! That, and 15 minutes of cooking, is all you need to put a delicious dinner on the table. From Chicken on the Double and Speedy Seafood to Pasta Presto and Quick-Fix Desserts, these recipes and time-saving tips make feeding the family easy. Enjoy Pizza Pronto, Gaucho Steak with Grilled Peppers, and Grilled Peach Melba-plus speedy salads and sides to make everyone happy.

Jamie Oliver--one of the bestselling cookbook authors of all time--is back with a bang. Focusing on incredible combinations of just five ingredients, he's created 130 brand-new recipes that you can cook up at home, any day of the week. From salads, pasta, chicken, and fish to exciting ways with vegetables, rice and noodles, beef, pork, and lamb, plus a bonus chapter of sweet treats, Jamie's got all the bases covered. This is about maximum flavor with minimum fuss, lots of nutritious options, and loads of epic inspiration. This edition has been adapted for US market.

5-ingredient recipes that add up to amazing meals--fast! Whether you're a parent who wants to put home-cooked meals on the table every day or a busy professional who doesn't think they have time to cook, this is the 5-ingredient cookbook for you. Bursting with recipes for 175 fast and tasty dishes, The Complete 5-Ingredient Cookbook will show you how to keep your stomach satisfied from breakfast to dessert--without eating up all your free time. Featuring simple and scrumptious recipes, like Banana Bread Baked Oatmeal and One-Pan Chipotle Chicken Thighs with Guacamole Salsa, this comprehensive 5-ingredient cookbook is perfect for chefs of all skill levels who are looking to add variety to their table without spending hours in the kitchen. Save even more time as you find out how to make the most of your shopping trips, stock the perfect low-ingredient kitchen, and start prepping like a pro. Cooking at home doesn't have to be a challenge! Discover the fast, easy, 5-ingredient way. The Complete 5-Ingredient Cookbook includes: 175 recipes, 5 ingredients each--This 5-ingredient cookbook helps you cook up great-tasting foods in a snap with a globe-trotting collection of easy-to-make dishes. Weeklong meal plans--You'll know what's for dinner (and breakfast and lunch) with the meal plans inside this 5-ingredient cookbook: Vegetarian, Low Carb, Gluten-Free, Quick & Easy, and Global Feast. Time-saving tips--Cut down cook times with loads of advice for meal prepping, making your own 5-ingredient recipes, and more. Make your next feast in a flash with The Complete 5-Ingredient Cookbook.

76 Quick & Easy Oil-Free Recipes

Taste of Home 5 Ingredient Healthy Cookbook

5 Ingredient Fix

400+ Recipes Big on Flavor, Short on Groceries

7 Ways

Everyday Super Food

Simple Recipes for Delicious, Heart-Healthy Meals

Pescatarian heart health made fast and easy. The Easy 5-Ingredient Pescatarian Cookbook is a collection of 75 delicious recipes that only require about 5 main ingredients, meaning you can prepare them inexpensively and in a flash. "Pescatarian" describes a diet based on fish, along with other nutritional powerhouses like vegetables and grains. It's especially healthy for your heart, and even associated with a longer lifespan when you adopt it for the long term. This pescatarian cookbook makes it easy, bringing you the science-based knowledge you need to develop a delicious and comprehensive pescatarian diet the right way, instead of just "eating more fish." The recipes are fast, simple, and satisfying, so it's no trouble at all to whip up weeknight specialties that your whole family will love. Dive into a pescatarian cookbook featuring: Fresh or frozen--Lots of these dishes can be made with frozen and canned seafood so it's easy to accommodate your time and budget. Staples and essentials--A pescatarian cookbook for a pescatarian kitchen; learn about stocking all the right tools and ingredients (and how to use them). Beyond the sea--This pescatarian cookbook includes an array of recipes that don't include fish at all, exclusively featuring the tasty benefits of legumes, nuts, seeds, and fruit. The Easy 5-Ingredient Pescatarian Cookbook is the answer to making better, healthier eating easy.

The Joy of Cooking for a new generation: A collection of easy-to-make, delicious, and original recipes from the kitchens of Blue Apron—the beloved national meal-delivery service—featuring 165 step-by-step, technique-driven dishes that will transform novice cooks into confident home chefs and will excite experienced cooks too. Named for the uniform

of apprentice chefs in professional kitchens, Blue Apron has made its mark from its exemplary meal-delivery service, but its true passion is culinary education—a value that infuses their commitment to providing healthy, sustainably sourced, seasonal foundations for creative cooking. Now in The Blue Apron Cookbook, this trusted national brand steps into the kitchens of home cooks everywhere, taking its familiar step-by-step instructional style to a new level in a technique-driven cookbook intended to build confidence and expertise through meals that are as beautiful to look at as they are mouth-wateringly delicious to enjoy. Organized around essential meals that explain both the "how" and the "why" of cooking techniques, The Blue Apron Cookbook excites, educates, and inspires. With the help of 800 stunning color photographs and unparalleled step-by-step instruction, amateur home cooks will grow into competent home chefs, perfecting and creating variations of classics ranging from roast chicken to risottos, pastas, soups, salads, and desserts. Each chapter starts with the basics and builds from there—as you cook through the recipes, even experienced cooks will appreciate the basics in a new way, learning how one dish or technique can be transformed into many others. Today's cooks are hungry for real culinary expertise, and eager to cook smarter and better. A cookbook that reflects the tastes and trends of the moment while honoring the traditional methods and flavors chefs have perfected for centuries, The Blue Apron Cookbook is poised to become the go-to resource for anyone looking to truly master home cooking.

Discover hundreds of satisfying main dishes, quick-fix sandwiches, comforting soups and family-favorite desserts...all of which come together with a handful of kitchen staples! You'll even find five-ingredient side dishes, salads and breads that round out meals in a flash. These clever recipes come from savvy home cooks who know how to pump up flavor with just a few ingredients, and now we're sharing those secrets in this brand-new collection. For many family cooks, it's a challenge to set a hot and hearty meal on the table. After all, kitchen time usually competes with jobs, after-school activities, and other tasks and errands. Luckily, Taste of Home 5-Ingredient Cookbook is here to help! Inside, readers will find 400+ fast and fabulous recipes—each of which calls for five ingredients or fewer! It's never been easier (or tastier) for home cooks to whip up a comforting dinner while saving time and cutting the grocery bill! Taste of Home's trademark indexes get an update with an index organized by common kitchen staples, and numerous tip boxes offer shortcuts that other home cooks took when preparing the recipes. CHAPTERS Breakfast Appetizers & Beverages Soups & Sandwiches Beef Pork Poultry Fish & Seafood Meatless Salads & Salad Dressings Sides & Condiments Breads & Rolls Cakes, Pies & Desserts Cookies, Bars & Candies Recipes Nutty Waffle Sandwiches Easy Black Bean Salsa Italian Meatball Buns Simple Chicken Soup Brisket with Cranberry Gravy Ham with Ruby-Red Glaze Chicken Enchilada Bake Thai Shrimp Pasta Jazzy Mac 'n' Cheese Mediterranean Orange Salad Freezer Raspberry Sauce Fresh Herb Flatbread Golden Pound Cake Caramel Cashew Clusters

A volume of more than three hundred quick-prepare recipes that use five or fewer readily available ingredients provides for everyday and entertaining needs, in a collection that includes such options as Caramelized Onion and Spinach Tarts, Roasted Bell Pepper Soup, and Baked Fish with Capers and Lemon. 10,000 first printing.

Taste of Home 5 Ingredient Comfort Food

500 Recipes, 5 Ingredients Or Less, 500 Calories Or Less, for 5 Nights/Week at 5:00 PM

100 Delicious Vegetarian Recipes to Make You Fall in Love with Real Food

250 Simple Recipes and Dozens of Healthy Menus for Eating Well Every Day : A Cookbook

The 5-Ingredient Vegetarian Cookbook

Simple, Fast & Delicious Recipes

100+ Fast, Flavorful Meals

Create deliciously quick and easy recipes in your Air Fryer using only 5 ingredients or less! Want simple meals that your entire family (even the pickiest eaters) will devour? Looking to avoid the guesswork of the ingredients you already have on hand? The "I Love My Air Fryer" 5-Ingredient Recipe Book is here to help! This easy-to-use cookbook provides mouthwatering, whole-food dishes for every meal, from appetizers and dessert—using favorite, familiar ingredients you probably already have in your pantry. Including 175 delicious recipes using five—or fewer—ingredients, these fast, affordable meals make shopping, so you can spend more time out of the kitchen doing the things you love. Best of all, these satisfying, flavorful recipes are sure to be a big hit with everyone in the family. Whether you're a weeknight or want to cut back on time (and money) in the grocery store, this cookbook has you covered!

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. Our 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 Sausage and Potato Soup 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, too!

Give your home-cooked meals a 5-ingredient makeover with this easy cookbook You don't need to be a professional chef with a pantry full of hard-to-find items and complicated recipe instructions to make mouthwatering. With the Quick and Easy 5-Ingredient Cookbook, you can execute 60 tasty, healthy recipes in 30 minutes or less using minimal ingredients. Enjoy breakfast, lunch, dinner, and snack ideas, equipment suggestions, and tips on how to run an efficient kitchen--in this easy cookbook. Infuse amazing flavor in your dishes with a homemade spice blend or sauce that uses five ingredients. This cookbook includes: 60 in 30--All 60 enticing recipes can be made in a half-hour or less. Mix it up--Try delicious variations in Master Recipes like Cheesy Pesto Flatbread and Mini Cheesecakes that can be made in the kitchen. S-I-M-P-L-E--This is the perfect, easy cookbook for both newcomers and experienced home cooks to make good meals every day. Find out how effortless making appetizing food can be. Claire Robinson, the hot new Food Network star of 5 Ingredient Fix and Food Network Challenge, helps people get dinner on the table with little fuss and a few great ingredients. The quest for simple, mouthwatering food is over. 5 INGREDIENT FIX helps put delicious and sophisticated meals on the table in a snap. With people struggling to simplify, streamline, and budget, the Food Network's C

Cooking doesn't have to be complicated to be impressive; simplifying the process with fewer ingredients saves time, frustration, and ultimately, money. From breakfast treats like Brioche French Toast to no-fuss meals like Grown-up Grilled Cheese and Iceberg Wedges with Buttermilk Dressing to a romantic dinner of Grilled Scallops with Saffron Aioli and Green Goddess Rice, all of Robins use fewer ingredients. A quick trip to the supermarket for one bag of groceries, and a delicious, restaurant-quality meal can be on the table in no time.

5-Ingredient Natural Recipes

Easy Ideas for Every Day of the Week [American Measurements]

175 Easy Recipes for Busy People

Fast and Easy Five-Ingredient Recipes: A Cookbook for Busy People

A Couple Cooks - Pretty Simple Cooking

Just 5 Things

The Vegetarian 5-Ingredient Gourmet

237 tantalizing appetizers, savory soups, full-flavored stews, main dishes, meatless options, healthful choices, and luscious desserts. No more than 5 ingredients per recipe, each of which coaxes the most flavor from the least effort. A special bonus chapter features simple and quick-to-prepare 5-ingredient side-dish serve-alongs. Favorite cuisines: Asian, Italian, Mexican and Mediterranean, plus comfort food, vegetarian choices and more All recipes list ingredients needed, cook times, nutrition information, and calorie counts.

Featuring simple, delicious recipes from the new CHANNEL 4 series - Quick and Easy Food - on Monday nights at eight o'clock, Jamie Oliver's 5 Ingredients is his most straightforward book yet. 'Brilliant' Sunday Times Using five ingredients, cleverly combined, you'll conjure up THE most exciting food . . . from this week's episode, a crazy good pork burger topped with stacks of juicy sliced pear, crunchy salad leaves and oozy blue cheese, all squashed down under a soft burger bun. Sticky sweet mango prawns cooked in curry powder, crispy sliced garlic and punchy lime zest. Easy rustic gnocchi made with mashed potatoes and flour underneath tender asparagus, fresh thyme and Parmesan cheese. For dessert a delicious SUPER quick frozen banoffee cheesecake, overripe bananas, creamy sweet dulce de leche and cream cheese on an oatly hobnob base . . . unbelievably good. _____ It's all about making the journey to good food, super-simple. Every recipe uses just five key ingredients, ensuring you can get a plate of food together fast, whether it's finished and on the table super-quickly, or after minimal hands-on prep, you've let the oven do the hard work for you. We're talking quality over quantity, a little diligence on the cooking front, and in return massive flavour. Each recipe has been tried and tested (and tested again!) to ensure the book is packed with no-fuss, budget-friendly dishes that you can rustle up, any day of the week. With over 130 recipes, and chapters on Chicken, Beef, Pork, Lamb, Fish, Eggs, Veg, Salads, Pasta, Rice and Noodles and Sweet Things, there's plenty of quick and easy recipe inspiration to choose from. How about Jamie's mouth-watering super-quick, after work supper, as seen on This Morning . . . Smoky chorizo salmon - slices of spicy chorizo, salty sweet cherry tomatoes, black olives, basil, and fresh crispy salmon fillets. For dessert, Juicy plum tarte tatin in maple syrup and cinnamon under buttery puff pastry, topped in scoops of vanilla ice cream. With every recipe you'll find a visual ingredient guide, serving size, timings, a short, easy-to-follow method, and quick-reference nutritional information. Jamie's new cookbook takes the stress out of mealtimes and will inspire cooks and non-cooks alike with beautiful, crazily simple ideas . . .

Jamie 's 15 Minute Meals is a classic cookbook meant to arm readers with the skills to create great meals quickly. In Jamie 's trademark style, the recipes are methodical, clever and fun-drawing on inspiration from all over the world; embracing the tastes that we all love; playing on classic chicken, steak and pasta dishes; looking at Asian-inspired street food and brilliant Moroccan flavours; putting together great salads and so much more. These are some of the quickest and easiest meals Jamie 's ever done.

The authors of the bestselling book are back with simple, five-ingredient recipes to help newbie cooks make delicious dishes and learn how to shop smarter.

5 ingredients, 10 minutes, 160 recipes

Light on Calories, Big on Flavor

Simply Delicious Dishes for Today's Cooks

Easy Recipes with No Salt, Oil, Or Refined Sugar

The Blue Apron Cookbook

5 Ingredient Semi-Homemade Meals

From French Toast Sticks to Buttermilk-Fried Chicken Thighs, 175 Quick and Easy Recipes

5 Ingredients Quick & Easy Food Flatiron Books

The Easy 5-Ingredient Healthy Cookbook: Simple Recipes to Make Healthy Eating Delicious

165 Essential Recipes and Lessons for a Lifetime of Home Cooking

Flavcity's 5 Ingredient Meals

50 Easy and Tasty Recipes Using the Best Ingredients from the Grocery Store

15 Minute Meals