

TRIM TERRIFIC ONE DISH FAVORITES OVER 200 FAST EASY LOW FAT RECIPES

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This is the third to appear in Clegg's 'Trim and Terrific' series, and provides over 200 fast, low-fat dishes in the form of one-dish meals. The idea is to get in and out of the kitchen in thirty minutes or less, relying on convenience and fresh products to provide a meal in a dish. Once the larder is stocked with mushroom soups and other basics, cooks will enjoy the quick and hearty nature of ...

Trim & Terrific One-Dish Favorites: Over 200 Fast & Easy

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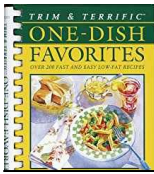
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Synopsis. Featuring 500 fast, easy, and healthy recipes, this updated edition features a fresh look and more than 100 full-color photos. This is a new edition of this favourite family cookbook with fresh photography and updated recipes for fast, easy and healthy meals.

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Roasted garlic chicken thighs with crispy skin set on a base of butternut squash, carrots, parsnips and shallots, make a terrific one-dish meal. Olive oil, thyme and lemon round out the flavors.