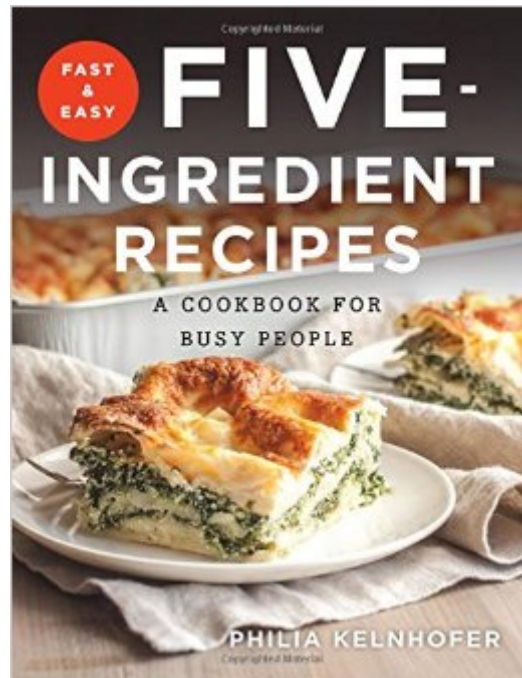


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# Fast And Easy Five-Ingredient Recipes: A Cookbook For Busy People



## Synopsis

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 after a busy day. With *Fast and 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, Spinach Alfredo Lasagna, 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 and they're delicious too! 95 color photographs

## Book Information

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## Customer Reviews

We've all had those nights when we come home from a rough day at the cubicle farm only to find the kids are screaming and jumping on the furniture chanting "I WANNA EAT!" over and over and over again. Your droopy eyes lock on to your spouse, the love of your life, who looks back at you with a frazzled countenance and mutters through gritted teeth, "I've had enough, you deal with it." Now it's on you to do something and do it fast. What better way to quickly regain a small sense of normalcy in your life than to whip up a quick meal? Ms. Kelnhofer's book, *Fast & Easy Five-Ingredient Recipes* has you covered on Page 83 with a quick and tasty stove-top mac and cheese the kids will love as they shovel it quietly into their tiny little cake holes. What do you do on those cold, blustery, frustrating Sunday afternoons while you watch your fantasy league defense get shredded by a running back who's the second coming of Walter

Payton? Shred yourself some cheese and try the delicious the Cheesy Leek Dip on Page 58 as a quick pick-me-up. This recipe was one of my personal favorites. I know that some of you reading this probably get dogged by your family for not being as dependable as your Cousin Steve and now it's 10 minutes before you have to leave for your nephew's graduation party and you just remembered you promised your Aunt Helen that you'd bring an appetizer. Well, Cousin Steve can suck it because as fast as you can dice a tomato and a slice a green onion you can get yourself back in the family's good graces with another favorite of mine, the tasty Mediterranean dip on Page 62. Like many of you, I consider the joining of peanut butter to chocolate to be a sacred gift from God and I will straight-up murder anybody who attempts to rob me of that gift.

I'm just going to throw this out there - I'm no good in the kitchen. My wife and I lead fairly busy lives (cue world's tiniest violin playing Concerto No 5, etc.), so there is no standard-bearer in our household when it comes to meal preparation. Basically, it boils down to who got home first. With that being said, we try not to be slaves to fast-food and delivery, but at the same time we value our limited hours not slaving over a complicated recipe. Sometimes you just want dinner to be tasty and easy. Needless to say, we buy a lot of cookbooks and print off a lot of recipes from food blogs in an endless search for staple dishes (you know what I'm talking about - mom's meatloaf, the perfect Saturday afternoon sandwich...things that stand the test of time). The author of "Fast and Easy Five Ingredient Recipes", "Sweet" Phi Kelnhofer, operates a blog that my wife has visited frequently over the past couple of years (SweetPhi.com), so when we saw that she was releasing a cookbook with the subtitle "A Cookbook for Busy People", it immediately went into our cart. We've had two weeks with the book now, and we've cooked at least six meals from it - each tastier than the last (and the first one was mighty tasty). I'm not one for the stories-behind-every-dish trope found in so many cookbooks these days because most are over-wrought and, frankly, a bit ridiculous. But Phi keeps it to a minimum and they come off as genuine - we especially enjoyed the "Couples Cooking" section. But with every recipe, she always keeps it food first with easy-to-follow instructions and beautiful photography. With all that being said, what's keeping us coming back is the follow-through: the recipes are inventive, exciting, easy to replicate, and really good.

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