



# **Cooking Light Fresh Food Fast: Over 280 Incredibly Flavorful 5-Ingredient 15-Minute Recipes**

*Editors of Cooking Light Magazine*

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With over 280 incredibly delicious flavorful 5-ingredient, 150 minute recipes at your fingertips, you'll discover how simple it is to serve a healthful home-cooked meal on a busy weeknight.

Our Test Kitchens experts have paired easy side dishes and desserts with superfast entrées to create over 160 mouthwatering menus. Organized by easy-to-use food categories, including Soups, Sandwiches, Salads, Meatless Main Dishes, Fish and Shellfish, Meats, and Poultry, *Cooking Light Fresh Food Fast offers recipes that are great for you and taste great, too! With short ingredient lists, straightforward procedures, fresh ingredients, and delicious results, the recipes and meals in this cookbook will be the most requested, often-repeated solutions in your weeknight repertoire.*

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