



Cooking Light Fresh Food Superfast: Over 280 all-new recipes, faster than ever

Editors of Cooking Light Magazine

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The third book in the best-selling Fresh Food Fast series is helping the home cook go superfast. *Cooking Light Fresh Food Superfast* is packed with more than 280 all-new recipes that fit the trusted Fresh Food Fast 5-ingredient, 15-minute equation--and 100 of those can be prepared with 4 ingredients or less or in 10 minutes or less!

Following its popular predecessors, *Cooking Light Fresh Food Fast* and *Cooking Light Fresh Food Fast Weeknight Meals*, *Cooking Light Fresh Food Superfast* is packed with even more exciting features. "Fix It Faster" tip boxes offer suggestions on how to speed things up; "Ingredient Spotlights" focuses on fresh convenience products that help rev up prep time--without sacrificing freshness or flavor; "Quick Flips" offers substitution ideas to completely transform a recipe into a new one; and a "Seasonal Produce Guide" gives readers guidelines for fresh produce purchasing and storing. The book also provides a side dish suggestion for many recipes, as well as practical tips from the Cooking Light experts to help reduce time in the kitchen. From Prosciutto-Wrapped Chicken to Chocolate-Hazelnut Panini Sundaes, *Fresh Food Superfast* takes the guesswork out of meal planning and helps readers put dinner on the table in a flash.

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From reader reviews:

Brian Dunlap:

In this 21st hundred years, people become competitive in each way. By being competitive at this point, people have do something to make these people survives, being in the middle of often the crowded place and notice simply by surrounding. One thing that oftentimes many people have underestimated the item for a while is reading. Yep, by reading a book your ability to survive raise then having chance to stay than other is high. For you personally who want to start reading a new book, we give you this specific Cooking Light Fresh Food Superfast: Over 280 all-new recipes, faster than ever book as beginning and daily reading e-book. Why, because this book is usually more than just a book.

Angel Gardner:

Playing with family in the park, coming to see the water world or hanging out with pals is thing that usually you will have done when you have spare time, after that why you don't try thing that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love Cooking Light Fresh Food Superfast: Over 280 all-new recipes, faster than ever, you are able to enjoy both. It is fine combination right, you still desire to miss it? What kind of hangout type is it? Oh come on its mind hangout guys. What? Still don't obtain it, oh come on its identified as reading friends.

Gregory McCormick:

The book untitled Cooking Light Fresh Food Superfast: Over 280 all-new recipes, faster than ever contain a lot of information on the item. The writer explains your ex idea with easy way. The language is very simple to implement all the people, so do not necessarily worry, you can easy to read it. The book was written by famous author. The author brings you in the new age of literary works. You can read this book because you can please read on your smart phone, or program, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can open their official web-site and also order it. Have a nice study.

Tamara Evans:

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