



The Complete Idiot's Guide to Fast and Fresh Meals

Ellen Brown

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Don't sacrifice taste for time!

Designed for cooks who want to eat great, healthy meals without spending all their time in the kitchen, this book is a must-have for every kitchen. With more than 300 recipes, and plenty of time-saving, shopping, and storage tips, *The Complete Idiot's Guide® to Fast and Fresh Meals* provides everything from quick hors d'oeuvres and appetizers to dessert—all made fresh in record time!

- Recipes can be made quickly from fresh ingredients and do not rely on prepackaged foods
- More than 300 recipes, many with clever variations
- Organized for easy reference
- Includes recipes suitable for entertaining, as well as family meals
- Will satisfy everyone from hard-core carnivores to vegans

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