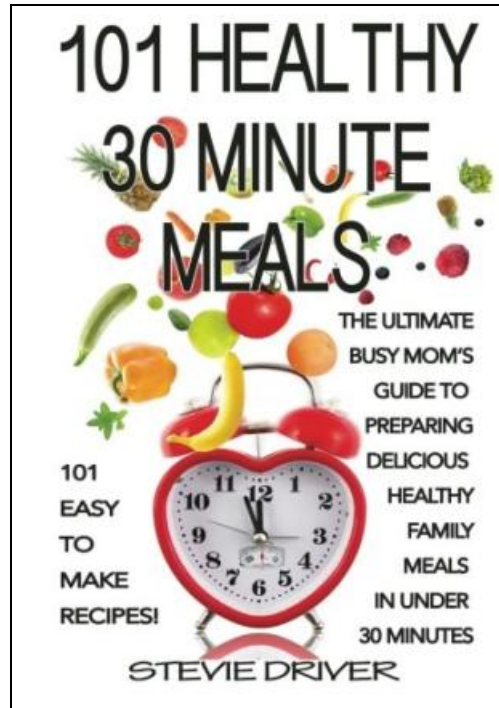


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## 101 HEALTHY 30 MINUTE MEALS: 101 EASY TO MAKE RECIPES: THE ULTIMATE BUSY MOM S GUIDE TO PREPARING DELICIOUS HEALTHY FAMILY MEALS IN UNDER 30 MINUTES (PAPERBACK)



Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Healthy Meals in 30 Minutes (or less!) Are you sick of recipe books that claim to offer Quick Easy Meals you can cook in 30 Minutes (or less!), only to find they take twice as long to prepare? 101 Healthy 30 Minute Meals is the ultimate Busy Mom s guide to preparing delicious healthy family meals in under 30 minutes. These 101 Easy to Make Recipes contain ingredients you probably already have in your pantry, or they are easy to find and readily available in stores. Includes sections on Pork, Beef, Chicken, Fish, Lamb, Vegetables, Breads, Soups, Stir-fry, Pasta, Rice, Salads and Gourmet Breakfasts! Who said cooking healthy, delicious meals has to take ages? Your cooking will look and taste so delicious your family will never guess how quick and easy it was to prepare! As an introductory offer, the Amazon kindle edition of this great cookbook is available for just \$3.99, or 0.99cents if you ve also bought the print edition. Regularly priced at \$7.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Here s a sample of the recipes you ll find inside: Moroccan Chicken Prep and Cook Time: 28 min Ingredients: 2 fresh boneless, skinless chicken breasts, about 4-oz. each 2/3 cup apricot jam 1/2 cup sliced black olives 1 tablespoon lemon juice 2 teaspoons grated gingerroot 1 teaspoon cinnamon, ground Directions: Place chicken breasts in a steamer basket or on a metal rack over 1-inch of water. Cover; bring water to a boil. Reduce to a simmer; steam chicken for 15 to 20 minutes or until done. Meanwhile combine apricot jam, black olives, lemon juice, gingerroot and cinnamon in a small saucepan; heat until bubbly. Transfer...

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