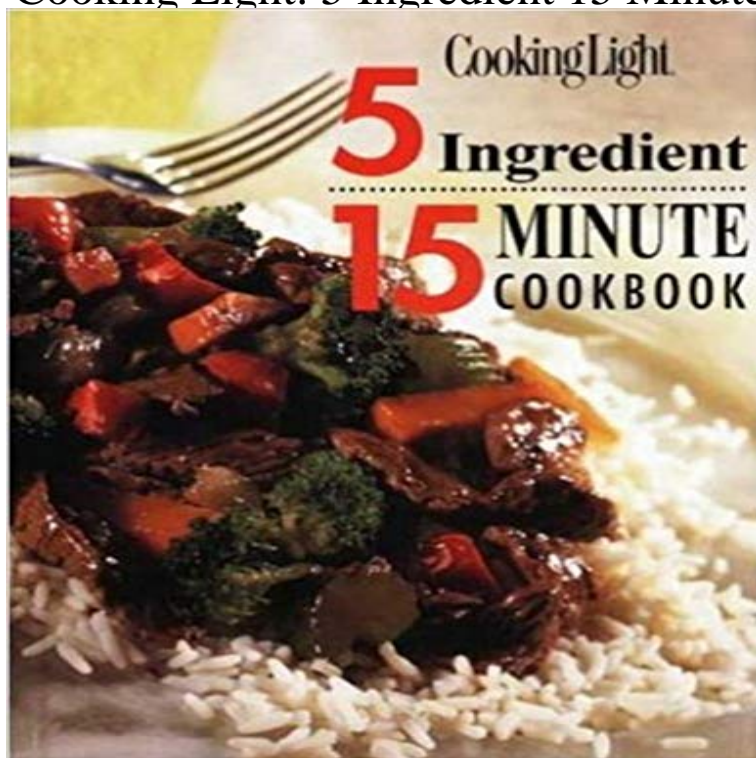


## Cooking Light: 5 Ingredient 15 Minute Cookbook



For busy home cooks, getting a meal on the table in 15 minutes or less, and with few ingredients, means more time with their family and less cost on their grocery bills. The Cooking Light 5-Ingredient 15-Minute Cookbook meets those needs and delivers—with big flavor and nutritious dishes. And instead of just giving you recipes, we're giving you meals—94 in all! Each meal features a main-dish recipe and either a short recipe to go with it or suggestions for commercial side items. Plus there's a photograph of every meal! Grocery Shopping Solutions With each meal plan, you get a grocery list of everything you need to complete the meal. Stock up on the ingredients from the Stress-Free Grocery List, and you can make one-third of the recipes in this book. No Worries The nutrient analysis with every recipe gives you values for calories, fat, protein, carbohydrate, fiber, cholesterol, and sodium. You can use the exchange values to fit the recipes into your meal plan. All This with Only 5 Ingredients? You'll be surprised at all the recipes you can make using only 5 ingredients: Chicken Alfredo Pasta, Deep-Dish Pizza Casserole, Speedy Chicken Cacciatore, Teriyaki Roast Chicken, Barbecue Pork Chops ...just to name a few. Avoid the Rush Hour When you have only 15 minutes to get dinner on the table, try these recipes: Cajun-Style Swordfish, Fresh Tomato Pizza, Ground Beef Stroganoff, Chili Bacon Burgers, Teriyaki-Ginger Pork Tenderloin, Zesty Fettuccine and Shrimp. Added Value Create 5 different desserts or salads from different combinations of the same 5 ingredients. Start with easy-to-make recipes in the Mix & Match chapter like Three-Bean Salad, Tex-Mex Salad, Strawberry Shortcakes, and Brownie Sundaes. Slow Down to Speed Up Learn how to let a slow cooker do the work for you. All with 5 ingredients or less, these recipes are worth coming home

to: Chili Grande, Chicken Pepper Pot, Italian Pot Roast, Glazed Turkey.

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