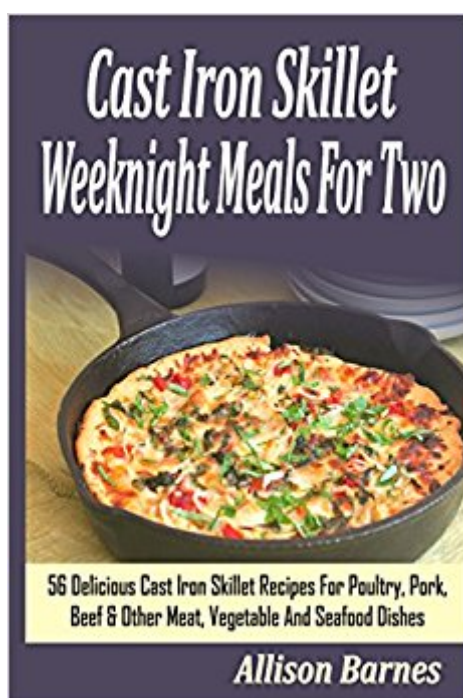


The book was found

Cast Iron Skillet Weeknight Meals For Two: 56 Delicious Cast Iron Skillet Recipes For Poultry, Pork, Beef & Other Meat, Vegetable And Seafood Dishes



Synopsis

Cooking dinner for a couple is easy when you have recipes that are made for just the two of you! The emphasis in this collection is to save time and simplify cooking for couples who lead busy lives. This is easily accomplished by using the cast iron skillet, one of most versatile cookware you can have in your kitchen. From simple vegetable sautÃ©s to a whole chicken roast, cooking for two can never be easier than using a cast iron skillet. This book is a straightforward guide with 56 delicious recipes that will enable you to prepare tasty, Poultry, Pork, Beef & Other Meat, Vegetable And Seafood dishes that you and your partner will enjoy immensely. The simplicity of these dishes will help you to discover amazing culinary skills you never knew you possessed! With straightforward directions, simply return from work, choose a recipe you like, assemble the ingredients, bring out your skillet and dinner will be on the table in a few minutes. These 56 recipes gives you a nourishing meal to look forward to every night of the week. If you are watching your weight, the added nutritional counter provides information that lets you know what you are eating. Now you can avoid unhealthy restaurant food, eat healthy in your own home and still have enough time for other activities.

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Customer Reviews

When I am looking for weeknight meals, I want meals with fewer ingredients than the recipes in this cookbook. Simple easy is what I am looking for.

This is something that takes time to go thru however it looks great.

I don't remember that I order this... Probably Kindle

LOVE CAST IRON COOKING AND CAN'T WAIT TO TRY THE RECIPES HERE

Nice book - good recipes

Great system it works very well.

great ideas

It was very well written. Recipes sound good. I will enjoy cooking out of it using my cast iron.

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