

Dinner A Day - Lynette Rohrer Shirk

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Family togetherness, at the dinner table, promotes academic performance, emotional health, and dietary quality."-Purdue Center for Families. Coming up with ideas for dinner, preparing it, and getting the family together to enjoy it wasn't always easy-until now. Let classically trained chef Lynette Rohrer Shirk show you how easy it is to whip up tasty meals for you and your family in no time. With 365 quick, easy, and delicious dinners, you can satisfy the entire family, in minutes a day, every night of the year! Whether it's a special occasion or it's just another Monday night, you'll find a variety of satisfying and healthy recipes, including: Corn-Bread-Crusted Chicken Breasts; Artichoke Stir-Fry; Paella Rice Salad; Shrimp Pesto Ravioli; Easy Jambalaya; Italian Meatloaf; and more. As the studies show, families who eat together are happier and healthier. Dinner a Day is your recipe for success-what are you waiting for?Author: Shirk, Lynette Rohrer Publisher: Adams Media Illustration: N Language: ENG Title: Dinner a Day Pages: 00400 (Encrypted PDF) On Sale: 2010-10-30 SKU-13/ISBN: 9781598696158 Category: Cooking : Methods - Quick & Easy

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