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## The 5:30 Challenge: 5 Ingredients, 30 Minutes, Dinner on the Table (Paperback)

By Jeanne Besser, Susan Puckett

SIMON SCHUSTER, United States, 2005. Paperback. Book Condition: New. Simon Schuste.. 231 x 188 mm. Language: English . Brand New Book. IT S 5:30. DO YOU KNOW WHAT S FOR DINNER? Long commutes and busy schedules leave us all wondering the same thing, but don t worry, because The 5:30 Challenge is the perfect solution to creating healthy and delicious meals in a snap! Forget the fast food and frozen packaged meals -- with just five easy-to-find ingredients you can have dinner on the table in thirty minutes or less every night, guaranteed. Based on the popular newspaper column from The Atlanta Journal-Constitution, these tasty recipes are sure to appeal to any appetite, from hearty dinner entrees to satisfying seasonal salads, zesty soups, and chilies to tantalizing stir-fries, plus pizzas, pastas, and more. You won t believe how easy it is to make great meals such as: Lamb Shanks with Tomato and Mint Filet and Portobellos with Blue Cheese Cajun Chicken Pasta Mid-Week Madness Chili Polenta and Meatball Casserole Farfalle with Smoked Salmon and Spinach Fresh Tomato and Ricotta Pizza Trout Amandine Bacon, Tomato, and Avocado Quesadillas Tex-Mex Ribs Whether you re cooking for a hungry family or whipping up...



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