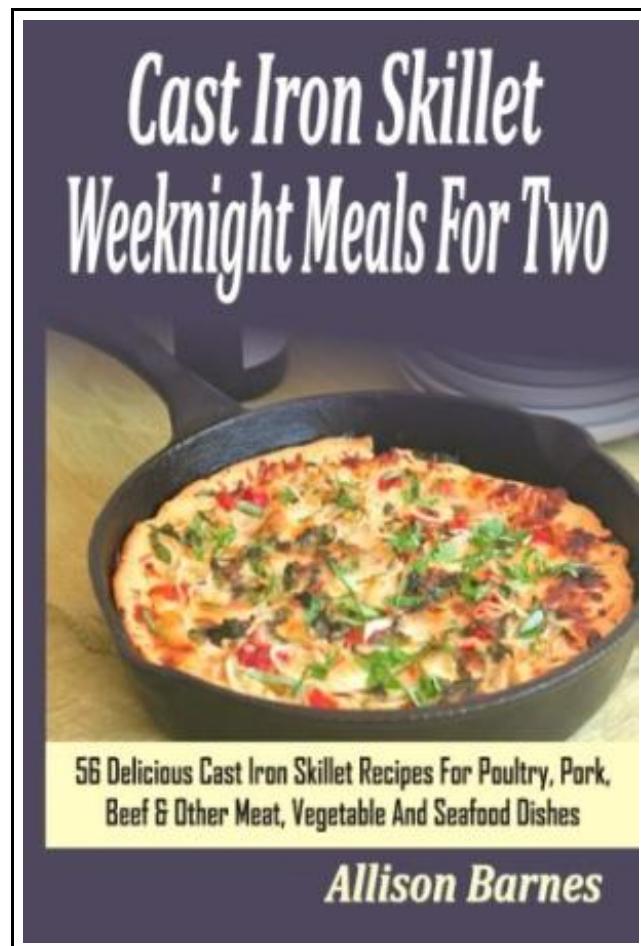


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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Cooking dinner for a couple is easy when you have recipes that are made for just the two of you! The emphasis 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 sautes 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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