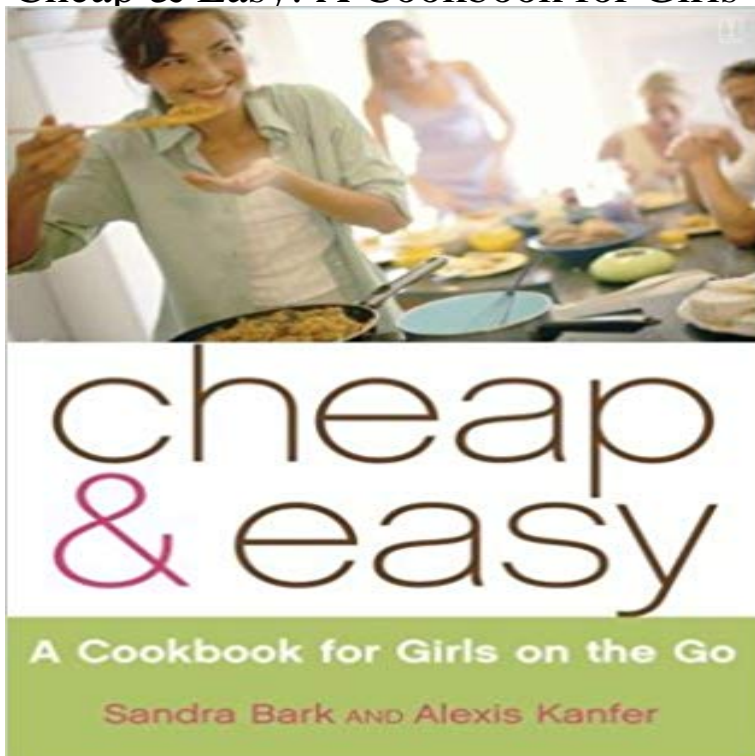


Cheap & Easy: A Cookbook for Girls on the Go



A gourmet-inspired cookbook for making meals on the cheap and easy. Girl, meet spatula. With simple recipes for quick-fix meals and practical tips for stocking your freezer and pantry so that you always have what you need on hand, Cheap & Easy is an inspiration for those who are stymied by their tight kitchens and even tighter budgets. Sandra Bark and Alexis Kanfer created the dishes in Cheap & Easy as an escape from too much takeout. Their recipes deliver maximum flavor with minimal work and include: The Independent Pancake: bakes in the oven so you can hang out with your guests. Fred and Ginger Pumpkin Soup: perfect for a weeknight. Lazy Girls Lasagna: a time-saving version of the classic. Blenderella: the margarita grows up and goes to the ball. Smart Cookie: one recipe, many flavors. From comfort food to elegant entrees, from wholesome salads to that first sweet bite, Bark and Kanfer cover breakfast, lunch, and dinner; brunch; cocktails; and brown-bag specials perfect for work and the beach. They include plenty of choices for vegetarians and carnivores alike, with playing the field sections so you can vary the recipes. So delete the Chinese place from speed dial because whether you are preparing for a spur-of-the-moment dinner party, an evening with your sweetie, or a movie night for you and the dog, Cheap & Easy is the only cookbook you will ever need.

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