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One-Pan Wonders: 50 Clean Eating Sheet Pan Recipes For Delicious, Healthy Hands-Off Suppers, Lunches And Snacks Straight From The Oven (Clean Eating Sheet Pan Cookbook)



Synopsis

One-Pan Wonders is a new exciting approach to cooking: Imagine perfect, healthy, home-cooked meals without sacrificing the little spare time you got. There's easy dinners for weeknight meals, luxurious and surprising "special occasion" dinners and healthy desserts for demanding kids (desserts they'll love, trust me). The combination of easy prep, the "set it and forget it" process and the super fast and easy clean ups will revolutionize the way you see cooking forever. Sheet pan cooking is an amazingly healthy shortcut to delightfully delicious meals. All you need is a pan, an oven and Jessica Tellers inspired approach. And if this wasn't enough, roasting, baking or broiling (the methods used when cooking in a pan) intensify flavors, making food taste even better. We'll produce amazing dinners without sacrificing valuable time, let's get cooking!"

Book Information

File Size: 1010 KB

Print Length: 68 pages

Simultaneous Device Usage: Unlimited

Publication Date: September 13, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B015D0U74A

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #149,805 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #14

inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Occasions > Brunch & Tea

#50 inÂ Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Brunch & Tea #223

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Customer Reviews

This is a very nice cookbook with some wonderful recipes. In this book you will find a number of easy to make dishes and deserts everything from fish to delicious cookies! If you are looking for good book on how to cook on a cooking sheet then look no further! I recommend this book as it is very easy to understand and all the recipes are quite good!

I never knew that so many delicious meals could be made using only a sheet pan! This book is fantastic because it contains such a wide variety of recipes with little clean-up needed after. It even includes desserts. The only reason I gave 4 stars instead of 5 is because the formatting needs to be fixed in some places, especially when viewing with the black background on Kindle. The text and recipes themselves are great.

I was looking for some simple recipes I could make that doesn't require a lot of equipment. I was going to purchase a slow cooker, but then I came across this amazing book. Filled with easy-to-follow recipes using chicken, beef, pork, fish and it even includes a dessert section and vegetarian and vegan options. And I only need an oven and a sheet pan (things I already own). The recipes look mouth-watering, I can't wait to try them! I'll save my money from a slow cooker and use these sheet pan recipes instead. Thanks for the great idea!

Who would of thought there were so many recipes for just an oven and a sheet pan. The author didn't leave anyone out either, she included meat lovers like me, vegetarian's and children's desserts which every recipe is healthy. I am very impressed and happy to add this book to my collection. I would recommend it to anyone.

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