



Quick Meals for Healthy Kids and Busy Parents: Wholesome Family Meals in 30 Minutes or Less

Audrey C Wright, Margaret L Bogle, Sandra K Nissenberg

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Make Healthy Meals as Fast as You Can Have Them Delivered In a world of frozen dinners and fast food drive-thrus, nutrition has taken a backseat to convenience. And for working parents, finding the time to cook wholesome dinners is no picnic. Finally, here's help for parents in a pickle--a cook-book full of healthy and delicious recipes you can make in 30 minutes or less. Quick Meals for Healthy Kids and Busy Parents is the perfect solution for tight schedules and empty stomachs. With over 140 tasty recipes for breakfasts, lunches, dinners, desserts, and snacks, it's easy to prepare food the whole family feels good about. Here are just a few of the delightful dishes that will please parents and captivate kids: Beefy Turnovers * Fruited Rice * Garlic Chicken Stir-Fry * Mexican Corn Pudding * Apple Biscuits * Porcupine Meatballs * Pumpkin Pancakes * Spicy Oven Fried Potatoes * Peanut Butter Play Dough * Frozen Yogurt Sandwiches This Indispensable Guide Also Includes:

- * Timesaving ideas for organizing your grocery shopping and your kitchen.
- * Suggestions for snacks, lunch boxes, feeding picky eaters, and eating out.
- * Information on the food pyramid and nutrient labeling system.
- * Nutrition analysis and exchange values for each recipe.

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