



Don't Panic--Quick, Easy, and Delicious Meals for Your Family

Susie Martinez, Vanda Howell, Bonnie Garcia

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Great meals for your busy family!

We're all busy, but that doesn't mean we have to eat like we are. You don't have to settle for feeding your family commercially packaged meals full of sodium and preservatives or fat-laced fast food. Quick and healthy meals from your very own kitchen are easy with delicious recipes like

Southwestern Baked Cheese Dip
Thai Chicken Wraps
Walnut Spinach Salad
Homestyle Mac & Cheese
Slow Cooker Pork Chops
Oven Roasted Orange Chicken
Grilled Flat Iron Steak Sandwiches
Spicy Shrimp and Asparagus Stir-Fry
Fruit Pizza
Mexican Chocolate Mousse
and many more

From quick meals made on the grill or in the sauté pan to crockpot dishes that require little prep and cook while you're out for the day, the recipes in this cookbook are tasty and nutritious--and require less hands-on preparation than traditional meals. Easy appetizers and desserts; one-dish casseroles and pastas; simple soups, salads, and side dishes; and even fast breakfasts round out the selections. Meals that are freezer-friendly are marked for those who want to make ahead.

Give your family the best--the easy way!

Susie Martinez, Vanda Howell, and Bonnie Garcia are the authors of the popular *Don't Panic--Dinner's in the Freezer* and *Don't Panic--More Dinner's in the Freezer*.

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Jeffrey Stampley:

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Celeste Silver:

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Shirley Wales:

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