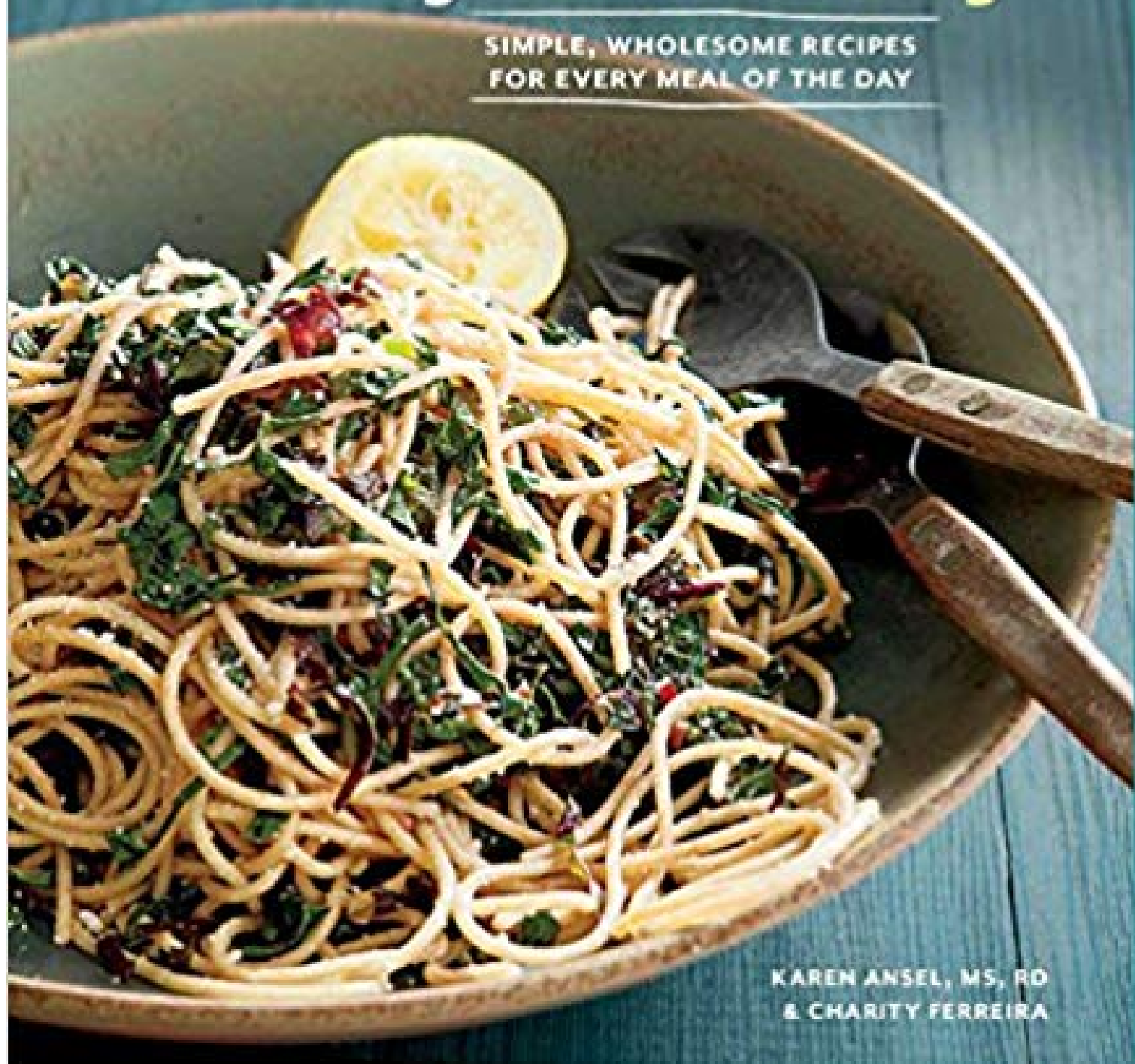


WILLIAMS-SONOMA

# healthy in a hurry

SIMPLE, WHOLESOME RECIPES  
FOR EVERY MEAL OF THE DAY



KAREN ANSEL, MS, RD  
& CHARITY FERREIRA

*Karen Ansel*

**Healthy in a Hurry (Williams-Sonoma): Simple, Wholesome  
Recipes for Every Meal of the Day**



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With over 100 accessible recipes and tons of practical advice, this cookbook shows busy cooks how exactly to incorporate nutrient-packed foods into every meal of your day for optimum nourishment and wellbeing. Organized by course—including breakfast, starters and snacks, lunch, supper, vegetable and grain sides, and dessert—Everyone is looking for ways to match wholesome, good-for-you meals to their busy schedules. This solution-oriented cookbook targets 30 super healthy foods and demonstrates how to make the most of them in delicious meals, any time of your day. the recipes are filled with nutrients and not difficult to prepare within 30 minutes. Packed with useful tips and friendly tips on shopping, prepping in advance, and cooking food smarter, this publication offers real solutions for getting food up for grabs (or even packing it to go) during hectic weekdays.

Desk of Contents: Intro Letter  
THE FUNDAMENTALS of Everyday Nutrition  
HELPFUL INFORMATION to Superfoods  
Chapter 1: Breakfast Chapter 2: Starters & Snacks Chapter 3: Lunch  
Chapter 4: Dinner Chapter 5: Veggie & Grain Sides Chapter 6: Dessert  
Pantry Basics Healthy Cooking Tools & Methods Glossary Index Sample  
Recipes: Buckwheat-blueberry pancakes Easy egg sandwich with baked egg, wilted greens & Manchego cheese Nice corn & edamame salsa with crispy baked tortilla chips Kale chips with ocean salt Poultry & mango salad with cashews Quinoa-dark bean burger with chipotle mustard Whole wheat grains spaghetti with a tangle of garlicky greens Baked tomatoes filled with tuna, capers & parsley breads crumbs Stir-fried beef & bok choy Broccoli slaw with apples & pecans Whole-grain couscous with dried fruits & almonds Mixed berries with ricotta cream Oatmeal-dark chocolate bars



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It did not fit the specified iPad model and was useless. We am a busy, functioning mother constantly on the move. i really can't stand to cook but we tried 3 recipes and i loved every single one! This book is my fav therefore far everything I've made has been easy and delicious! I like that you can use thus many of the basic elements for a number of dishes. Love it so much I gave as Xmas gifts to other mommy friends. Interesting recipes Not all of the recipes are for everyone, but there are several worth trying to experiment with. There's one with shrimp and watermelon (not at all something you'd think of pairing with), that's unique. Ideal for the busy cook What a great resource for the busy cook! I REALLY LIKE that so lots of the recipes just take a simple list of ingredients - nothing unusual - I highly recommend this!. Already I've tried so many recipes . Four Stars Very good cookbook! Nice Everyone needs s good heathy cook book for their collection, unless your children want chard, lentils and kale. She's already made a few of the quality recipes and convinced me that I will buy a copy for myself. i really can't stand to cook but i tried 3 recipes and i . Awesome cookbook This is an incredible cookbook.. I needed a good cookbook that offered basic, but healthy recipes with out a crap load of fancy ingredients. prep time and cooking time not too long, ingredients not too exotic Five Stars Great recipes & appreciate the images - can't wait to create something Five Stars Wonderful. It did not suit the specified iPad model and was useless. . With an \$8 return fee I didn't even . Gift for sister in law I purchased this as something special for my sister in law and she loves it! Everyone is a home run. Like these recipies and feel good when i eat them Disappointed Very little section for dinner entrees and of those recipes, almost non-e were child/teen friendly . ... This was designed to be a gift. I needed a good cookbook that offered simple Looooove this publication! With an \$8 come back fee I didn't actually bother to come back and my cash back. Great nutritional and calorie information for each recipe.



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