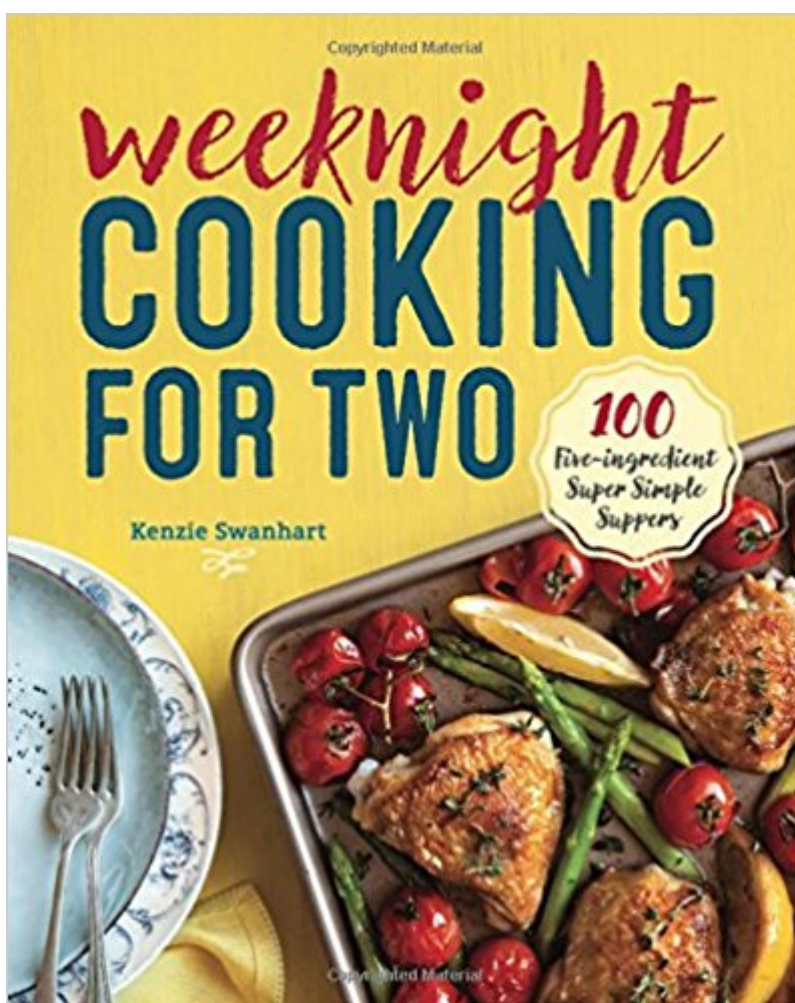


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# Weeknight Cooking For Two: 100 Five-ingredient Super Simple Suppers



## Synopsis

Your weeknight dinner dilemma-solved! Create delicious, nourishing, perfectly portioned meals in just 30 minutes or less with *Weeknight Cooking for Two*. Whether it's lack of time, a tight budget, or facing the kitchen after a long day at work, creating delicious home-cooked meals can often feel like a chore. And night after night, in households across America, we struggle to answer the same question: What should we do for dinner? The solution lies within the pages of *Weeknight Cooking for Two*, offering 100 simple, wholesome meals that were created with smaller households and busy schedules in mind. Stress less in the kitchen with 100 recipes that go from prep to cook in 30 minutes or less and are specifically designed for "cooking for two." Save money and limit leftovers by using no more than 5 main ingredients per recipe. Create complete meals using only 5 pieces of equipment that you already have: a skillet, stockpot, sheet pan, nonstick pan, and baking dish. Straight from the kitchen of Kenzie Swanhart, author of several health-focused cookbooks including *Paleo in 28*, *Spiralize It!*, and *Clean Eating Bowls*, these super easy recipes go beyond leftovers and takeout. So stop worrying about what's for dinner and start enjoying it with *Weeknight Cooking for Two*.

## Book Information

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## Customer Reviews

[View larger](#) [Thirty-Minute Meatballs](#) Serves 2 - Prep Time: 10 minutes / Cook Time: 20 minutes  
Making meatballs used to be an all-day affair. Unfortunately, there's just no time for that during the week, so we created this 30-minute recipe for those nights when

you're craving a quick but nourishing meal. I like to serve these meatballs grain-free with only marinara sauce, you can also serve them on a bed of spaghetti. Just don't forget the Parmesan cheese and basil garnish!

Instructions 1. Preheat the oven to 400°F. 2. In a large bowl, combine the ground beef, onion, almond flour, garlic powder and Italian seasoning, and season with salt and pepper. 3. Line a sheet pan with parchment paper. Form the beef mixture into 6 to 8 meatballs, and place them on the pan. 4. Bake until browned, about 20 minutes. Optional Add-ins: Marinara sauce, for serving. Basil, chopped, for serving. Parmesan cheese, for serving. Ingredients

1 pound ground beef 1 yellow onion, finely chopped 1/2 cup almond flour 1 teaspoon garlic powder 2 teaspoons Italian seasoning Sea salt Freshly ground black pepper

"A must-have survival guide and cookbook for newlyweds, college graduates, or anyone who claims they have no skills in the kitchen. *Weeknight Cooking for Two* will make a home cook out of you and quick! And for those who say they are too busy to cook dinner, Kenzie Swanhart proves you wrong. Dinnertime is less intimidating and more fun with 5-ingredient recipes that are creative, wholesome, accessible and designed for all skill levels. Erika Vetrini, TV host and food blogger "Weeknight Cooking for Two" will completely change how you view your weeknight meals. No longer do you have to spend hours over the stove after a long day at work. Kenzie has provided over 100 mouth-watering, simple and healthy meals that can be on your table in 30 minutes or less." Jessica Heggan, blogger, Jessi's Kitchen "Weeknight Cooking for Two" is an impressive blend of creativity and simplicity, as Kenzie offers beautiful, nutritious recipes that are both time and budget friendly. From the kitchen novice to the experienced chef, this collection is geared to universally please and accommodate. Equally as pleasing is Kenzie's bright personality that makes its way into each page of her creation. In a society full of fast food, hidden ingredients and misinformation, *Weeknight Cooking for Two* demonstrates that we don't have to sacrifice our health for the sake of convenience.

Rather, Kenzie guides us back to flavorful simplicity and shows us just how delicious and nourishing a 30-minute (or less) meal can be. Finley Amato, blogger, Bacon and Squats "Weeknight Cooking for Two" is the perfect book for busy couples who still want to eat great food at home during the week even when their schedules don't allow for lots of meal planning

and time-consuming preparations. Kenzie Swanhart put together a beautiful assortment of recipes from vegetarian dishes to soups and sandwiches to meat, seafood, and desserts." —Megan Flynn Peterson, author of *The Big 15 Paleo Cookbook* and *The Big 10 Paleo Spiralizer Cookbook* "I love the way Kenzie's personality shines through in *Weeknight Cooking for Two!* She understands what it's like to walk into the kitchen at the end of a long day and bring dinner to the table quickly and easily. I love that she utilizes fresh, whole-food ingredients and offers so many healthy options, including vegetarian and gluten-free." —Pamela Ellgen, author of *The Gluten-Free Cookbook for Families* and creator of [SurfGirlEats.com](http://SurfGirlEats.com) "I spend the majority of my time working, freelancing, and blogging - meaning I've got a full plate. With Kenzie's newest cookbook, *Weeknight Cooking for Two*, it means that my fiancé and I can actually whip up delicious (and healthy) recipes that don't take an eternity. I've got a ton of recipes bookmarked!" —Gabriella Valladares, blogger, [bygabriella.co](http://bygabriella.co)

KENZIE SWANHART is the founder of the popular food blog *Cave Girl in the City* and author of the health-focused cookbooks *Clean Eating Bowls*, *Paleo in 28*, and *Spiralize It!* Kenzie's culinary adventures began after graduating from college, when she considered the role her diet played in her life. In an effort to cultivate a healthy, balanced lifestyle, Kenzie embraced a whole food, clean eating lifestyle and along with it, as well as a respectable collection of bowls.

Right off the bat I thought how amazing this book would be for folks who are trying to learn to cut out processed foods! That task can sometimes be daunting, but seeing how many amazing meals can be made with only 5 ingredients and things you probably already have around your kitchen would make it much easier! My hubby and I are loving so many of the recipes in this book! I consider myself a pretty good cook, and make a lot of intricate meals, but sometimes it's nice to slow things down and take a more simple approach! With fresh veggie coming in out of the garden, I couldn't have picked a better time to take this book for a spin! From quick to throw together salads, to quick and easy sheet pan meals, it really has it all! Even some desserts! I think the chicken section has been our favorite, as we eat a lot of it, and are always looking for new ideas. The Cilantro Lime Chicken and Simple Chicken Piccata are to die for! The Peach Crisp and Strawberries with Lime Zest and Honey are so delightful and quick to throw together even on a busy weeknight for a yummy dessert! Every meal in here lives up to the name of the book, and can easily be thrown together quickly and inexpensively for a healthy delicious weeknight meal. The recipes are so good, you will want to eat them on the weekends too though!

Swanhart has put together a delicious collection of recipes that appeal to the eyes and stomach equally. *Weeknight Cooking For Two* is filled with so many nutritious and tasty simple meals. It is separated into categories including breakfast for dinner, soups and sandwiches, salads, sandwiches, vegetarian, seafood, meat, poultry and desserts. Plus it even has info on the Dirty Dozen, conversion tables, cheat sheets and indexes. What's great about this book is that these recipes are great for couples. Many recipes you find will make enough for families and it is hard to find simple, double serving recipes. My mom in law and her husband are still learning how to cook for themselves without the excess food leftover. This book really helped them and I even tried a few recipes myself. I also loved that in the beginning of the book, there is a Healthy Staples Checklist. This list includes spices, fruits and veggies, and other ingredients that should be on hand for healthy and delicious cooking. I realized, once seeing this, that my supplies were not as stocked as I should be and had to get to the grocery store ASAP. There are plenty of tips and helpful info also going with the recipes in this book. Some of my favorite recipes included the Shredded Chicken Tacos, Cilantro Lime Chicken, Sausage and Roasted Veggies, Black Bean Soup, Peach Crisp and Easy Chicken Marsala. So mouthwatering to look at. Fun to eat. And great for your health. Plus, they are really easy to make and can be cooked in 30 minutes items or less. This is a book everyone needs in their kitchen. And if you have a family, these recipes can be doubled or used on nights without the kids. I was given this book as part of the Callisto Publishing Club but these opinions are based on my own reading and application of these recipes.

I like the fact that these are easy recipes that are tasty. I do not have a lot of time for cooking so this works out well for me. I made extra one night when all the kids were home and they loved what I made. So far I have not made anything we haven't enjoyed. I like that the ingredients are limited. Sometimes there are more ingredients than instructions in a recipe and I hate that!

A nice diverse collection of various relatively quick simple to prepare recipes covering pretty much every palate. Most recipes use fairly common ingredients which is nice. Wish the book had more photos, only a sprinkling here and there. Kindle formatting is kinda horrid, don't know why a number of pages have a yellow background with black text, but serviceable. I paid for this book with my own money no freebies here!

This cookbook is perfect for cooking quick, healthy meals for me and my husband! The recipes are

very simple, easy to follow but still so delicious. Would 100% recommend if you're looking for easy recipes that support healthy eating. Because the recipes have limited ingredients, they're also very affordable to make. Love it so far!

I love cooking but something I rely on the comfort food and some times you what need is something different, this is what I liked about this book. Using pretty much the same ingredients I normally have in my pantry, the recipes show new ways to present and cook it, my husband loves my food (he is not a good cook) so now we try different recipes every now and then when we have date nights at home. Some recipes uses ingredients that I don't get in my regular groceries shopping, so the book is great for meal prep list, so you know what you will cook in the next few days. I love the fact this book has recipes that you can prepare and cook in 30 minutes, so I don't have to spend all afternoon in the kitchen. Still makes a good impression and have energy left for a movie. I received a free copy from the publisher.

When I leafed through *Weeknight Cooking for Two*, I bookmarked so many recipes the book looked as though it had been put partially through a shredder! So many recipes for so little time, and that's what it takes. The recipes are quick and require no more than five ingredients. However, those five ingredients are so well selected that the flavors blend in perfectly, at least in the Apple and Walnut Spinach Salad (p. 31) I tried first. The only change I made was to double the recipe, since it sounded so good. I was glad that I did. Apple, dried cranberries, toasted walnuts are topped with a delicious, simple dressing of olive oil and lemon juice. Since we use little to no salt, I sprinkled True Lime with lime, garlic and cilantro into the dressing. I had ordered True Lime from , and it added just the right zing to replace the salt and pepper and make the dressing "pop." Oops, I guess that's a second modification of the recipe, but who's counting? Kudos to author Kenzie and to Callisto publishers, who sent me a copy of this delightful, useful cookbook.

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