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Hands-Off Cooking: Low-Supervision, High-Flavor Meals for Busy People

Ann Martin Rolke

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Perfect for today's hectic lifestyles, this quick-and-easy cookbook will help home cooks free up extra time without sacrificing great homemade meals. Distinctively different, this cookbook features dishes that can be prepared fast and left unattended while the cook answers an e-mail, spends time with the kids (or the guests), or simply relaxes. More than 100 delicious recipes include everything from main dishes and sides to breads and desserts. There are recipes for the crock-pot, stovetop, and oven. Unlike typical "quick" dishes, these emphasize freshness and flavor and avoid highly processed foods. With Hands-Off Techniques, Stress Savers, Eye Appeal ideas, useful tips on ingredients and equipment, plus timesaving recipes, *Hands-Off Cooking* is the cookbook busy people can't wait to get their hands on.

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