



The Four Ingredient Cookbooks-Three Cookbooks in One!

Linda Coffee, Emily Cale

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700 recipes, each uses only 4 ingredients. This is a kitchen rescue system for busy people who want home cooked meals in minutes. Everyday ingredients combine to make delicious meals in minutes. Included are over 200 light recipes, making this book an excellent weight management guide. Recipes include Poor Man Steak, Fruit Cocktail Salad, Sweet Potato Salad, Baked Orange Roughy, Cocktail Sausage Balls, Tortilla Roll-ups, Sugared Angel Food Cake, Quick Cookies, Pecan Pies.

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