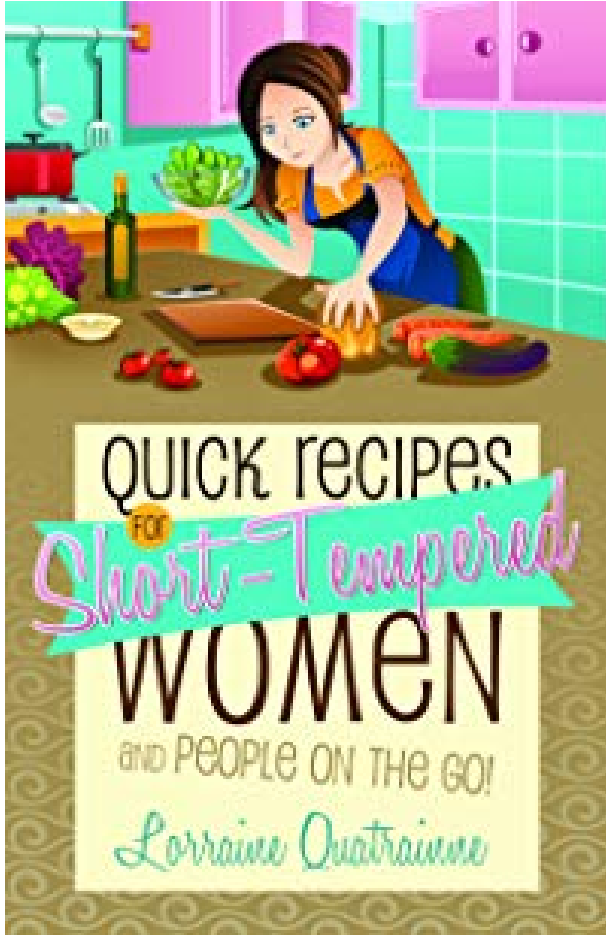


Quick Recipes for Short-Tempered Women and People on the Go!



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Would you like to spend more free time with your family? With your friends? At the movies? Or at the beach? Does your fast-paced life leave you little time for fun, rest, and relaxation? If so, then cooking the quick recipes in this little book will help lighten your mealtime and kitchen loads! These recipes are tasty, wholesome, and straightforward. They use ingredients that you may already have in your pantry. For those busy weeknights, you could choose from Taco Rice and Veggies, Layered Barbeque Bake, or the Fast Fish Fry. The Santa Fe Pizza is perfect for those weekend game days. Don't forget dessert: choose the No-Bake Apple Treat or the Cherry and Blueberry Pie. Weekdays or weekends, you have recipes! So let's get cooking!