



Quickies for Singles : Planning & Preparing Quick Meals for One (Cookbook Ser. : No. 4)

Members of Fellowship Church Baton Rouge

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A cookbook offering:

- over 200 quick-to-fix, single-serving recipes
- alternatives to TV dinners, hamburgers-on-the-run, and lots of leftovers
- clear instructions with ingredients listed in order they are utilized
- "Quickie Tips" throughout to save time, avoid waste, enhance nutrition, etc.
- "The Single's Cupboard" which lists basic kitchen necessities
- cooking and baking times of 30 minutes or less
- the unique, spicy recipe for K's Cajun Seasoning
- variations on potatoes, hamburgers, soups, crepes and omelettes



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