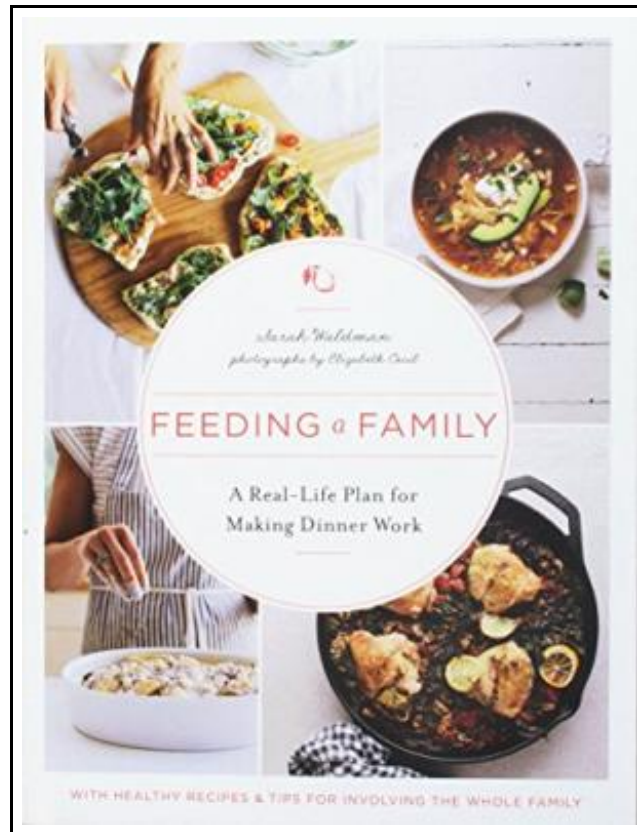


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Shambhala Publications Inc, United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. 40 seasonal meals, 100 recipes, and loads of tips and strategies to make weeknight dinners work Reclaim the family dinner! In Feeding a Family, nutritionist and mom Sarah Waldman lays out all the tools you need to break out of the mealtime rut and turn dinner into a nutritionally fulfilling and happy occasion--despite busy schedules, long work days, and picky eaters. Through forty complete meals, you ll discover hearty dinners the whole family will love, including: - A meal for using up the best summer garden produce: Make-ahead Zucchini, Beef, and Haloumi Cheese Skewers with Chimichurri Sauce paired with Tomato, Peach, and Red Onion Panzanella and Lemon-Blackberry Custard - A cozy and comforting dinner for a frenzied fall day: Creamy Tomato and Spinach Soup with Grilled Cheese Croutons and Pear Pie in Cornmeal Crust - The perfect meal for the busiest night of the week: Slow Cooker Indian Butter Chicken with Sweet Peas and Lemon-Pecan Shortbread Cookies - A warming (and fun) winter meal: One-pot Slurpee Noodle Bowls with simple Chocolate, Peanut Butter, and Date Truffles for dessert - Sunday suppers for when you have a bit more time to play in the kitchen, such as Homemade Pasta with Heirloom Tomato Sauce and Pavlova with Blueberries With suggestions for including older kids in mealtime prep, tips for feeding baby, and ideas for extending ingredients for tomorrow s dinner, Feeding a Family is a playbook that includes the whole family.



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