



Robin Takes 5: 500 Recipes, 5 Ingredients or Less, 500 Calories or Less, for 5 Nights/Week at 5:00 PM

Robin Miller

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The only cookbook anyone will ever need to get a healthy dinner on the table fast.

"This isn't the flashiest book on the shelf, but if you're a busy parent, it will likely be the one you use the most. Miller, a best-selling author, host of Food Network's *Quick Fix Meals*, and mother of two sons, knows what it's like to have to get a healthful, quick meal on the table in a matter of minutes and can help you accomplish the same." --*San Antonio Express-News*

"This fun assortment of Robin's best ideas makes it a cinch to serve healthy, memorable meals without spending all your time in the kitchen." --*The Boomer Brief*

It's 5:00 PM. Everyone's hungry. It's takeout or fakeout, meaning nuking a processed meal from the freezer. But there's a third option that doesn't include processed food or an unhealthy heap of calories and fat--*Robin Takes 5*.

Imagine quickly preparing delicious meals for yourself, your friends, and your family with just 5 fabulous ingredients. Does it get any better? Absolutely, with *Robin Takes 5*. The book features 500 recipes and each dish is a mouthwatering 500 calories or less. Two-color recipe text complements full-color photography inserts. In addition, helpful icons note ideal recipes for holidays and entertaining as well as recipes with less than 500 mg of sodium. That's not all--nutritional information is given for each recipe.

In *Robin Takes 5* 500 recipes highlight at least 10 different ethnic cuisines, and dishes range from soups, pizzas, and pastas, to chicken, beef, pork, seafood, side dishes, and desserts. Consider 70 recipes just for chicken, such as Cashew Crusted Chicken with Roasted Jalapeno-Mango Chutney, and 50 dessert recipes, such as Orange Marmalade Tart with Chocolate Covered Almonds. Consider yourself armed for mealtime. The next time the clock strikes 5:00 PM and you want both noshing and nourishment, check out *Robin Takes 5*.

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