



Everyday Food: Great Food Fast: 250 Recipes for Easy, Delicious Meals All Year Long

By Martha Stewart Living Magazine

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No matter how busy you are, at the end of the day you want fresh, flavorful meals that are easy to prepare. And you want lots of choices and variations—recipes that call for your favorite foods and take advantage of excellent (and readily available) ingredients. In the first book from the award-winning magazine *Everyday Food*, you'll find all of that: 250 simple recipes for delicious meals that are quick enough to make any day of the week.

Because a change in weather affects how we cook as much as what we cook, the recipes in *Everyday Food* are arranged by season. For spring, you'll find speedy preparations for main-course salads, chicken, and poached salmon that minimize time spent at the stove; summer features quick techniques for grilling the very best burgers and kabobs as well as no-cook pasta sauces; for fall, there are braised meats and hearty main-course soups; and winter provides new takes on rich one-dish meals, roasts and stews, and hearty baked pastas. Finally, a chapter on basics explains how to make year-round staples such as foolproof roast chicken, risotto, couscous, and chocolate sauce.

Designed in a contemporary and easy-to-read format, *Everyday Food* boasts lush, full-color photography and plenty of suggestions for substitutions and variations. With *Everyday Food*, even the busiest on-the-go cook can look forward to meals that bring freshness, nutrition, and a range of flavors to dinner all week long.

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Editorial Review

Amazon.com Review

If you are a fan of *Everyday Food* magazine (and you should be), you will be wowed by *Great Food Fast*, a gorgeous full-color cookbook filled to bursting with recipes for fresh, flavorful food that is easy to prepare. Organized by season, *Great Food Fast* features simple recipes for year-round cooking, including no-cook pasta sauces, main-course soups, one-dish meals, and more. --*Daphne Durham*

Great Food Fast Recipe Preview

Pan-fried Shrimp with Green Curry Cashew Sauce



Serves 4

Prep Time: 15 minutes

Total time: 15 minutes

You can purchase bottled Thai green curry sauce in most supermarkets, but this recipe proves how quick and easy it is to make your own. Refrigerate any leftover sauce, covered, for up to 3 days.

1 slice (1/4 inch thick) peeled fresh ginger

3/4 cup plus 2 tablespoons roasted unsalted cashews

1/3 cup plain low-fat yogurt

1/4 cup packed cilantro leaves

1 tablespoon brown sugar

1 teaspoon curry powder

Coarse salt and fresh ground pepper

1 1/2 pounds peeled and deveined large shrimp

2 tablespoons olive oil

1 In a food processor, pulse the ginger until finely chopped. Add the 3/4 cup cashews; process until smooth, 2 to 3 minutes.

2 Add the yogurt, cilantro, sugar, and curry powder; season with salt. Process until incorporated, 1 to 2 minutes, scraping down the sides as needed. Transfer to a serving bowl; sprinkle with the remaining cashews.

3 Season the shrimp with salt and pepper. Heat 1 tablespoon of the oil in a large nonstick skillet over medium-high heat. Add half the shrimp; cook until opaque throughout, 2 to 3 minutes. Repeat with the remaining tablespoon oil and remaining shrimp. Serve the shrimp with the sauce.

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Almond-Apricot Chicken with Mint Pesto

The addition of goat cheese, apricots, and pesto lends a Mediterranean flavor to chicken. The pesto is made with fresh mint and almonds, rather than the usual basil and pine nuts.

Serves 4

Prep Time: 30 minutes

Total Time: 50 minutes

Ingredients

4 boneless, skinless chicken breast halves (6 ounces each)

1/2 cup sliced almonds

2 ounces goat cheese

4 dried apricots, cut into 1/4-inch pieces (3 tablespoons)

Coarse salt and fresh ground pepper

1/3 cup plain breadcrumbs

1 large egg, lightly beaten

1 tablespoon olive oil

Mint Pesto (recipe below)

To Prepare the Chicken

1. Preheat the oven to 375°F. Cut a slit in one side of each chicken breast to create a pocket about 4 inches long.
2. In a small bowl, combine 1/4 cup of the almonds with the goat cheese and apricots. Stuff each breast with one quarter of the mixture. Season with 1/2 teaspoon salt and 1/4 teaspoon pepper.
3. On a plate, combine the breadcrumbs and the remaining 1/4 cup almonds. Dip each breast into the beaten egg, then dredge in the breadcrumb mixture.
4. Heat the oil in a large ovenproof nonstick skillet over medium heat. Cook the chicken until golden, 3 to 4 minutes on each side. Transfer to the oven; bake until cooked through, about 15 minutes. Serve hot with the mint pesto on the side.

Mint Pesto Ingredients

3 cups lightly packed fresh mint

1/4 cup sliced almonds

1/2 cup extra-virgin olive oil

Coarse salt

To Prepare the Mint Pesto

1. In a food processor, combine the mint and almonds; process until finely chopped.
2. With the motor running, gradually pour the olive oil through the feed tube. Season with salt. Keep at room temperature until ready to serve. Store leftover pesto in a sealed container in the refrigerator for up to two weeks; let it come to room temperature before serving.

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