



?:????????-???

????????,????????,????,????????????????,????????????????

The authors of Kitchen Quickies know that you don't have time for hours of grocery shopping followed by hours of food preparation. Their solution? For starters, virtually all of their over 170 kitchen-tested recipes call for a maximum of only five main ingredients, minimizing time in the supermarket. Then most of the recipes take less than thirty minutes to prepare from start to finish! And these delicious dishes are actually good for you—low in fat and high in nutrients. The book begins by guiding you through the basics of quick-and-easy cooking. Then ten chapters offer imaginative dishes, including sensational soups, sandwiches, salads, and pasta dishes; savory seafood, poultry, beef, and pork fare; meatless entrées; vegetable and grain side dishes; and luscious desserts. Next time you think there's no time to cook a great meal, let Kitchen Quickies prove you wrong. You may even have time for some “quickies” of your own.

????????????????????????????????????????????????????????????

????????????????????1775????????????????????????????????????

????????????????????????????????????????????????????????????1901????????????????????????????????????????????????????????????

????????????????????????????????????????????????????????????????????????????????????????????????????????????????????????

????????????????????????????????????????????????????????????????????????????????????????????????????????????????????

????????????????????????????????????????????????????????????????????????????????????????????????????????????????

????????-????????????????????????????????????????????????????????????????????????????????????????????????????????????

????????????????????????????????????????????????????????????????????????????????????????????????????????????

How to Train Your Dragon author's latest masterpiece, DreamWorks is about to adapt an animated movie! It is extremely difficult to gather the materials for the Spell to Eliminate Lich. Hope and Zal are on the dangerous road to stop the Lich King, but some partners will betray them??

Film and television rights will be sold before publication, and animated films will be adapted by DreamWorks! Recommended by Amazon editors, translated into 38 languages around the world, and received rave reviews from all over the world! Together with the Harry Potter and Little Witch Matida series, won the Blue Peter Book Award for Children's Literature!

????????????????????????????????????????????????????????????????????????????????????????????????????????????

????????????????????????????????????????????????????????????????????????????????????????????????????????????

????????????????????????????????????????????????????????????????????????????????????????????????????????????

????????????????????????????????????????????????????????????????????????????????????????????????????????????

????????????????????????????????????????????????????????????????????????????????????????????????????????

????????????????????????????????????????????????????????????????????????????????????????????????????????

????????????????????????????????????????????????????????????????????????????????????????????????????

????????????????????????????????????????????????????????????????????????????????????????????????????

????????????????????????????????????????????????????????????????????????????????????????????????????

1.????????????????????????????????????????????????????????????????????????????????????????????

2.????????????????????????????????????????????????????????????????????????????????????????????

3.????????????????????????????????????????????????????????????????????????????????????????

????GLOs????????????????????????????????????????????????????????????????????????????????



