



Cooking for Two Recipes: Easy and Delicious Cooking for Two Recipes For Breakfast, Lunch, Dinner and More (The Easy Recipe)

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Sometimes cooking for two is actually harder than cooking for a whole family. Many recipes are hard to scale down to only two servings or they're so complicated that you just don't feel like going through all the effort for a single meal. But there's no reason you have to rely on recipes made for five or six or only eat boring meals and snacks. With just a few quick fixes you can make anything your heart desires, from bread to appetizers to hearty meals to desserts; make something casual, something exotic, or something romantic. So grab your sweetheart or your best friend and settle in for the night with a hearty, balanced, delicious meal for two.

Cooking for two means that you're able to enjoy a nice meal at home: no take out, fast food, or restaurant meals. That means that you can better control the amounts of fat, sodium, and calories in your diet, things that are notoriously high in restaurant foods. Restaurants tend to use extremely high levels of fat and sodium to make foods taste more appealing and to mask the flavors of less-than-fresh ingredients. It can also make foods easier to prepare ahead of time. But high levels of fats and sodium have dangerous implications for heart health.

While many recipes can perfectly transition to smaller portion sizes, others require modification of cooking times, temperatures, and cooking vessels. Cooking for two can be an easy and fun way to create a special night in for the one you love and want to spend time with. Cooking for two is a healthy alternative to always eating out, and with a few simple modifications, can be easy to do.

In This Recipe Book You'll Find:

- Seafood Bake
- Lasagne
- Apple Crisp
- Stuffed Steaks with Blue Cheese
- Prawn Pad Thai
- Kale Salad with Avocado
- Oven Fries,
- Little Chocolate Cake

- And Much, Much More...

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