



By  
JEFF + JODIE  
MORGAN

The  
**WORKING** PARENTS

cook  
book

200  
RECIPES

eat  
HEALTHY  
LIVE WELL

great  
FAMILY  
MEALS



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60

60

# Working Parents Cookbook

**Lei Huang**



## **Working Parents Cookbook:**

*The Working Parents Cookbook* Jeff Morgan, Jodie Morgan, 2004 Strategies for coping with picky eaters developing table manners and introducing new foods Many dishes takes 30 minutes or less to prepare Tips for meal planning leftovers healthy and fast alternatives to processed foods *The Working Parents Cookbook* Jeff Morgan, Jodie Morgan, 2004-02 Late meetings soccer practice and not enough hours in the day how can a family fit a good smart solid worthwhile hearty breakfast or relaxing dinner into this schedule much less have it be healthy and delicious Working parents Jeff and Jodie Morgan show how in this can't do without cookbook for moms and dads with busy days hungry kids and a desire for family health and harmony These kid friendly recipes are full of fresh ingredients and most of them can be whipped up in 30 minutes or less All of them let the chef know what he or she is getting into with prep times and complete easy to follow instructions including plenty of time saving shortcuts and creative suggestions for leftovers It's a near endless supply of ideas for quick breakfasts weekday lunches no fuss dinners and everybody's favorite dessert Parents will find options for the inevitable last minute school potluck or bake sale that even finicky kids or adults will gobble up With tips on everything from table manners to fast alternatives to processed foods and helpful lists of essential cooking tools and what to keep in a well stocked pantry *The Working Parents Cookbook* is the real world answer when family time is on the menu *The Working Parents Cookbook* Child Education Center. (La Cañada, Calif.), 1980 **Working Parent Food Book** Adeline Garner Shell, Kay Reynolds, 1979 *Kitchen Help for Single Working Parents* Douglas Gaskill, 2019-06 Description of cookbook Finally there is a cookbook that provides guidance and techniques both in and out of the kitchen a system that will eliminate a lot of common mistakes A cookbook written by a single Dad for single parents and is children friendly Perfect for anyone who wants to be more organized when it comes to preparing a menu a shopping list and using leftovers Strategies on how to shop wisely and efficiently without having to go back to the store Not only is this book educational it is chocked full of mouth watering recipes Recipes that are perfect for the weekend or quick meals for the busy weeknights I will show you how to make leftovers work to your advantage Meals that will provide for the perfect lunch the next day These are healthy economically affordable meals that are delicious and nutritious Not just your basic beef and chicken meals included in this book are pork favorites savory sauces salsas salads and side dishes to die for Old school traditional meals multi cultural dishes and my new twists on an old flame Take a journey through this book and experience flavors that have eluded you in the kitchen Remember that these are not cheap meals they are affordable delicious creations And don't forget to include your children whenever possible **Simply Fresh** Morgan, Jeff, 2011-10-25 DIV The first Ruby Tuesday opened its doors to guests in 1972 near the campus of the University of Tennessee in Knoxville and today there are more than 900 of them across the United States and around the world The original vision for Ruby Tuesday and casual dining extends from cover to cover inside *Simply Fresh* by professional gourmet Jeff Morgan In addition to more than 100 recipes that take their inspiration and

cues from Ruby Tuesday's brunch lunch dinner and dessert menus Simply Fresh features more than 100 full color photographs that show the reader how to prepare restaurant quality casual dining at home It also includes creative beverage recipes for an extensive selection of mixed drinks along with suggestions for handcrafted boutique beers There are tips on how to successfully host gatherings of friends and family as well as direct and useful information about pairing wine with food In Simply Fresh Morgan showcases the best of casual dining at home with easy to follow recipes that resonate with consumers who crave colorful tasty dishes such as Tai Phoon Shrimp Saffron Tomato Soup or Curried Chicken with Coconut Rice and Cucumber Raita not to mention Ruby Tuesday's signature burgers and famous Mac n Cheese 5 GIFT WITH THE PURCHASE OF THIS BOOK Every copy of Simply Fresh includes a coupon for 5 off a 15 food purchase at any Ruby Tuesday restaurant in the U S Mainland Offer good through May 31 2012 div **Dinner with Dad** Cameron Stracher,2007-05-22

Our kitchen is small the appliances dated We don't have a fancy six burner stove or double wall oven like some of our wealthier neighbors But as I remove the second pizza from the oven the kitchen feels perfect neither too big nor too small neither too old nor too new The kind of kitchen where my brother can enter carrying both my son and my daughter in his arms from Dinner with Dad A beautiful intelligent wife two bright children a gorgeous home in a nice Connecticut suburb an ample income as a successful lawyer by all accounts Cameron Stracher is living the American dream Problem is thanks to a crazy busy work schedule he's never home to enjoy it Most nights Cameron grabs dinner on the run eating on the late train home long after his wife and kids have finished their meal So one day Cameron commits himself to a revolutionary experiment For the next year he'll be home by six o'clock at least five days a week to sit down to a real family dinner and he'll even help cook that dinner himself Instead of stuffing a taco into my mouth in the back of the train I will saut chicken and peppers for my own fajitas Instead of dining alone I will dine with my family Instead of Absent Dad I will be Nourishing Dad But as this daring adventure gets under way it becomes clear that the road to culinary togetherness is no cakewalk Six year old Lulu eats only plain pasta with salt and nine year old Simon clings immovably to hot dogs What's more Cameron begins to feel that his normally sympathetic wife Christine is growing tired of having him underfoot at unexpected hours Only the author's faith in another American dream family closeness at the dinner table keeps him moving and as he shops chops and cooks he ponders the high percentage of Americans who'd rather work than be with their families who'd rather take conference calls than meet the school bus Fired with love and humor wit and heart and peppered with engaging social and cultural history Dinner with Dad is a four star five course celebration of family life Millions of overextended parents will relate to and relish Cameron's journey as he discovers what truly matters most Advance praise for Dinner with Dad Dinner with Dad is for every spouse who's ever crashed on the rocks of the suburban dream and for every parent who's had his heart broken by a child's turned up nose Stracher writes with humor and honesty about the pitfalls and triumphs of trying to have your family and eat with them too Julie Powell author of Julie Julia Busy fathers everywhere will immediately identify with

this book and hopefully will heed its message Well done Cameron someone needed to write this book Now dads everywhere need to read it Mike Greenberg author of Why My Wife Thinks I m an Idiot A warm hearted loving and funny look at the way we live now Can a dad get home for dinner cook it and live to tell the tale Stracher s story gives hope to the hungry and cheer to the overemployed Harlan Coben author of The Woods **The Publishers Weekly** ,1953 50 Working Parent Quick Meal Recipes for Home Kelly Johnson,2024-06-17 **The British National Bibliography** Arthur James Wells,2006

*My Mom's a Good Cooker* Gabbie Krivonak,2014-03 I believe working moms can have a career AND cook tasty and nutritious dinners for their families It used to be routine for families to gather for the evening meal and eat and talk about the day s affairs Not so now I have written this cookbook guide to try to help change this trend It contains strategies tips techniques and recipes I have used during my time as a working mom trying to put a good hot meal on the table at the end of the day The benefits of home cooked dinners are numerous You the mom control the portion size the fat content and the salt in these meals Childhood obesity is in part I believe a result of the demise of the family dinner This guide starts with the toddler years and progresses to the empty nest I hope as you read this cookbook and guide you find a way to incorporate the family dinner into your life The recipes are easy to prepare and the benefits great I hope your children say to you after one of these dinners Mom you are a good cooker Gabbie Krivonak is a retired IBM executive mother of two and grandmother of four She is an avid cook and has taken classes in classical French cooking at L Academie de Cuisine of Bethesda Maryland She is the small business owner of and blogger for My Mom s a Good Cooker Inc Ms Krivonak lives in Rockville Maryland with her husband Buzz **Food & Wine** ,2006-07 **Postmasters Advocate** ,2003 *Paperbound Books in Print* ,1984

**Vegetarian Times** ,1989-05 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both **Vegetarian Times** ,1989-07 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both **Time** Briton Hadden, Henry R. Luce,2004 *Wine Enthusiast* ,2004 American Book Publishing Record ,2004 **Paperbound Books In Print, Fall 1981** Bowker Editorial Staff,1981-11

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