

# The Happy Cook 125 Recipes for Eating Every Day Like Its the Weekend

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## BOOK DETAILS

- Author : Daphne Oz
- Pages : 336 Pages
- Publisher : William Morrow Cookbooks
- Language : English
- ISBN : 0062426907

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## BOOK SYNOPSIS

The bestselling author and Emmy Award-winning cohost of ABC's *The Chew* takes the intimidation out of cooking and shows you how to savor life fully every day with this gorgeous cookbook featuring more than 125 easy, healthy, and delicious timesaving recipes. For many people, especially those who aren't quite at home in the kitchen, the idea of cooking a homemade meal can be terrifying, uninspiring, or just feel like a chore. In *The Happy Cook*, Daphne Oz makes cooking fun and relaxing, and shows anyone—newbie or seasoned expert—how to celebrate every day with delicious meals that are as easy to create as they are to enjoy. Like cooking with a good friend and a glass of wine, *The Happy Cook* is filled with friendly advice, expert tips, inspiring ideas, and best of all, 125 simple yet fabulous recipes, all using just a handful of ingredients, that will transform the most nervous or reluctant novice into a happy, confident home cook. Here are recipes for the whole day and the whole week, from Saturday dinner parties to quick-and-easy weeknight leftovers. With *The Happy Cook*, eating well is a breeze with delights such as: Breakfast—Crispy-Crunchy Honey-Thyme Granola, Chocolate Almond Breakfast Bars, and Coconut-Mango Pancakes Lunch—Kale and Plum Salad with Miso Vinaigrette, Warm Spring Pea Soup, Seared Garlic-Lime Shrimp Banh Mi and Philly Cheesesteak Quesadillas Dinner—Truffle Salt Roast Chicken with Lentils and Squash, Cashew Soba Noodles with Fried Shallots, Sea Bass Roasted Over Citrus, and Apricot-Rosemary Glazed Lamb Chops Dessert—"Outlaw" Carrot Cake with Brown Sugar Buttercream, Better Brownies, Sour Apple Juice Pops, and Nutty Banana "Ice Cream" *The Happy Cook* is all about real-life application—and real-life success. Celebrate every occasion and every meal with mouthwatering, vibrant, easy food. It's not about perfection, as Daphne makes clear. It's about the confidence to get into the kitchen, have fun, and become a happy cook!

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