



# Microwave Recipes for One

*Annette Yates*

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## **Microwave Recipes for One** Annette Yates

The microwave has many advantages over conventional cooking: it's quicker, more economical, cleaner and easier. Microwave ovens take up very little space. They produce fewer cooking smells and less steam, and kitchen/cooking areas remain cool. Annette Yates' book is designed specifically for the person who lives alone, or who has to prepare individual meals for some other reason: perhaps members of the family need to eat at different times or have conflicting tastes and preferences, or perhaps someone is on a special diet which requires food to be cooked separately. Included are recipes for: breakfasts; soups, starters and sauces; fish, meat, poultry, vegetable, cheese, egg and pasta dishes; and desserts - PLUS an indispensable cooking guide which explains how to adapt family recipe instructions to the smaller amounts needed for a single portion.

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#### **Jane Mansour:**

Spent a free time and energy to be fun activity to do! A lot of people spent their spare time with their family, or their very own friends. Usually they performing activity like watching television, likely to beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Will you something different to fill your personal free time/ holiday? May be reading a book could be option to fill your free time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to try out look for book, may be the reserve untitled Microwave Recipes for One can be great book to read. May be it might be best activity to you.

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