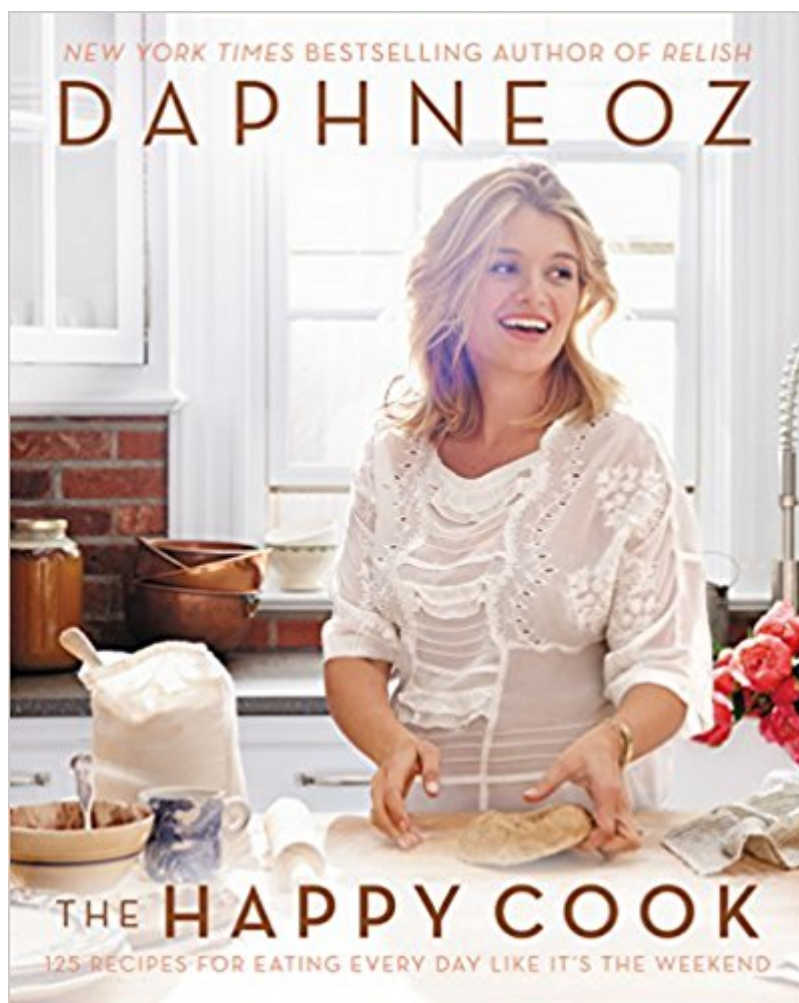




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# The Happy Cook: 125 Recipes For Eating Every Day Like It's The Weekend



## 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!

## Book Information

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## Customer Reviews

“The recipes are terrific—well designed and stress-free. She roasts fish fillets over slices of grapefruit, orange and lime—piles capers and pecorino into thin-sliced raw brussels sprouts; she puts whole-wheat flour and shredded coconut into her chocolate-chip cookies; and everything comes out as beautifully as she promises.” • (The New York Times Book Review)

Daphne Oz believes in happy, healthy living based on the successful strategies she developed to permanently shed more than thirty pounds while still enjoying all the foods she loves. She is all about finding innovative ways to fill her life with smart, accessible luxury and sharing her practical tips for making the process fun and easy. A 2008 Princeton University graduate, she is cohost of ABC's hit show *The Chew*, coauthor of the New York Times bestseller *The Chew: Food. Life. Fun.*, and author of the national bestseller *The Dorm Room Diet*. Daphne has been featured in the New York Times, Wall Street Journal, Washington Post, Reader's Digest, Glamour, Teen Vogue, Seventeen, Cosmopolitan, People, and US Weekly; cohosted *The View*; and appeared on Good Morning America, Fox & Friends, The Dr. Oz Show, and NPR's Weekend Edition. Daphne received her chef's degree from the Natural Gourmet Institute and is a graduate of the Institute for Integrative Nutrition. She lives with her husband, John, in New York City.

I don't like fish and too many seafood dishes.

Pretty good book as I like Daphne ..Just not as many great recipes as I'd hoped forTerrific meatloaf tho!

Not receipes I would quickly make

Honestly, the most wonderful recipes in this book! I plan to try 99 percent of them. Plus, Daphne Oz makes reading each recipe FUN. I highly recommend this cookbook...

There are several recipes I'm going to try. Helpful with some health diet changes that are needed.

I can only give it 4 stars since I have only made the hoisin-glazed pork and turkey meatloaf. I did alter the presentation a bit by making it into meatballs and serving them over rice. So good and I have a meatloaf to cook later. Can't wait to try the chocolate chip cookies and the cool breakfast recipes.

Delightful presentation - nice choice of recipes. Enjoyable writing

Love Daphne Oz from the Chew...got the book, and love it. Many simple and fun recipes. recipes seem easy to make.

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