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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

For those who love The Chew and Daphne, this book is a great addition to your cooking library. The recipes are straightforward with plenty of pictures, and as always, written in a fun and entertaining manner to enjoy. Daphne always does a nice job of writing books based on personal experiences in her life. This book reflects that, with kids around, she is trying recipes that feel like you are out at the restaurant but while still at home. The recipes are not extreme (it does not cut out all of the sugar, oils, salt and butter) and not intimidating: simply, they look fun to try and will result in satisfying dishes. In all, this is a great book for any Chew fan, and a super addition to your cooking library

I remember Daphne from her 'The Dorm Room Diet' books which brought so much food sense to a huge group struggling with many aspects of life and needing help on nutrition. The amazing and positive influence both her parents had on her is now something we also benefit from, twinned with Daphne's passion with food. This book is full of excellent recipes to turn to along with clear colourful mouthwatering photos, as we eat with our eyes. Well done; Daphne literally loves food and her enthusiasm is contagious. <https://amzn.com/B01FEDVCKE>

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