

# Michael Symon's 5 in 5: 5 Fresh Ingredients + 5 Minutes = 120 Fantastic Dinners

By Michael Symon, Douglas Trattner

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**Cohost of The Chew and Food Network Iron Chef Michael Symon shares 120 superfast easy recipes for busy cooks--perfect for weeknights.**

With his boisterous laugh and Midwestern charm, Michael Symon has become one of the most beloved cooking personalities on television. For ABC's *The Chew*, he developed a brilliant, simple formula to help home cooks pull together fresh, from-scratch meals on weeknights: a maximum of five fresh ingredients that cook in five minutes. This cookbook ties into the segment, featuring dazzlingly quick, satisfying dinners that the whole family will love.

Michael first teaches readers how to set up their pantries with essentials that make whipping up dinner easy. Then he shares 120 recipes for pastas, skillet dinners, egg dishes, grilled mains, kebabs, foil packets, and sandwiches illustrated in 75 photographs. This is streamlined cooking for busy families and firmly solves the "what's for dinner?" conundrum for home cooks everywhere.

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*Download the recipe for Lazy Meatball Kebabs with Yogurt*

#### **About the Author**

MICHAEL SYMON is a co-host of ABC's *The Chew*, an Iron Chef on Food Network's *Iron Chef America*, and the host of Cooking Channel's *Symon's Suppers*. He is the chef and co-owner of the acclaimed restaurants Lola and Lolita in Cleveland, Ohio; the B Spot burger restaurants outside Cleveland; and Roast in Detroit, Michigan. He is the author of *Michael Symon's Live to Cook* and *Michael Symon's Carnivore*.

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