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kitchen staple or two you've likely stocked up on for looking for something quick and easy these 5 ingredient recipes are going to become your new best friend whether you need something fast to make in the morning a quick lunch during the workday or a laidback dinner idea you don't need a mile long list of ingredients to whip up a delicious meal for these simple five ingredient meals you can literally count your grocery items on one hand folks but here are the ground rules salt pepper sugar and one cooking fat don't count why quick and healthy 5 ingredient recipes a nutritionist's new cookbook showcases quick and easy recipes made with just a handful of healthy ingredients april 03 2018 by dana angelo 01 of 23 honey sriracha grilled chicken thighs view recipe blaine moats number of ingredients five who needs asian takeout when you can whip up a homemade 5 ingredient meal full of flavor we'll enthusiastically dig into these quick marinated chicken thighs basted with a sweet hot glaze 1 57 tasty onion chicken the secret to this french onion chicken is the yummy crunchy coating that keeps the meat juicy and tender round out your meal with green beans and buttermilk biscuits jennifer hoeft thorndale texas go to recipe 2 57 taste of home one pot mac and cheese no peek chicken this 5 ingredient one pan 10 minute no peek chicken recipe is as good as it gets it's easy delicious it's internet gold we're off to a great start besides the tender and juicy chicken this casserole also contains rice making it a complete dish on its own 5 ingredient meals bbc food delicious and filling dinners that use only five ingredients you can't get recipes any easier than these 5 ingredient chickpea coconut curry by justine how to make granola bars the base for these bars is dates the natural sweetener supah powah then we add almonds oats peanut butter and maple syrup or honey or agave and mix it all together that's it 20 easy 5 ingredient casseroles to save time and money let's count the ways casseroles rule the world of weeknight dinners they can be easy to prep they make a few ingredients go a long way they can feed a crowd and cleanup is quick granted if you're

making more elaborate casseroles you ll need to do a lot more
prep and dirty up more pans

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