



When I was a young wife and mother with a freshly minted degree in dietetics, I spent a lot of time in the kitchen, cooking from scratch. Not any more! Oh, I still cook from scratch, but I don't spend a lot of time doing it. Over the years, I've learned enough shortcuts and time trimmers to fill a pretty big book, and I'm going to share them all with you.

If you're like me, your days are packed with a million things to do, so you can't spend hours preparing a meal. But cooking and sharing healthy, delicious meals have always been the golden threads that tie me to the people I love. I cherish that, don't you?

Think back with me. I can still see my daughter Bobbi at four years old, standing on a chair, helping me knead dough to make bread. To this day, she can recite the rhythm—turn, fold, push...turn, fold, push. Oh, the taste of that bread, hot from the

oven! I love to watch her face when she talks about it. Her eyes shine with pleasure; she feels connected, secure, safe—and loved.

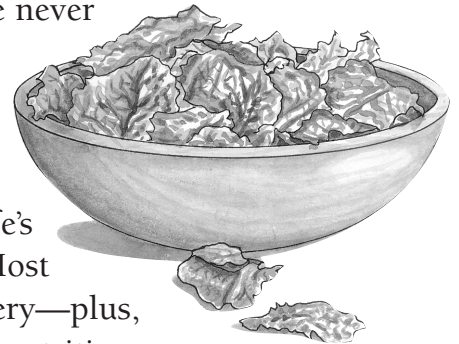
While I admit that I'm not likely to make bread all that often these days, it wouldn't be surprising to see me cooking up buckwheat pancakes like my dad did on Sunday mornings, or crumb-coating a tray of my mom's oven-fried chicken. Faster still, I pan-grill pork chops with savory leeks—in 10 minutes or less. My son, Mike, taught me that.

On any given Sunday, you might find my husband, Ted, and me in the kitchen, turning out a delicious dinner of filet mignon, oven-roasted potatoes, lemony broccoli, and a hearty, veggie-packed salad, all in about 20 minutes! We never get over how close we feel when we sit down together to eat a meal like that.

Given the number of times folks eat away from home these days, it seems to me that they're missing out on some of life's best moments—and it's so unnecessary. Most of my cooking is faster than a pizza delivery—plus, it's dynamite when it comes to flavor and nutrition.

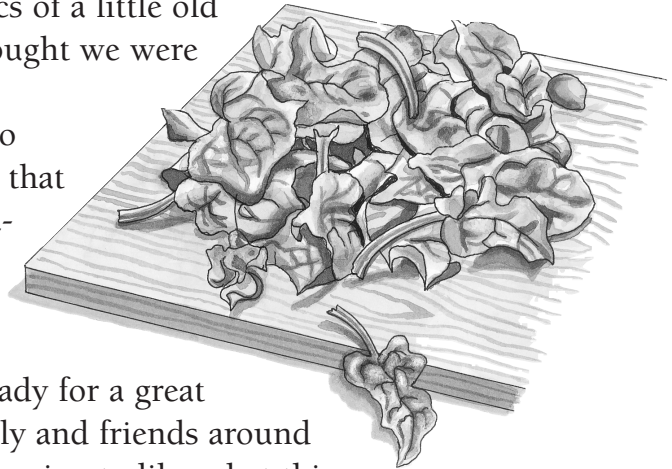
Why not experience the closeness, comfort, and good health that home cooking provides? Turning out delicious meals is probably easier than you think. Our need for speed has jam-packed grocery stores with healthy ingredients that allow us to make homemade meals in minutes. We have the means to liberate ourselves from some of the pretty awful stuff that passes for food out there. Even better, we can escape the heavy toll it takes in heart disease, obesity, diabetes, and high blood pressure.

Those homemade meals are more powerful than we ever imagined. In recent years, food and nutrition scientists have teased out some of Mother Nature's most closely guarded kitchen secrets. My



college professors would be floored to learn about the sight-saving power of spinach, the memory-boosting potential of blueberries, or the cold-curing dynamics of a little old clove of garlic. And we thought we were just eating great food!

Just for you, I've tried to weave together all the best that food has to offer—great flavor, good health, and lots of love. And you know what? It was easier than I expected. Now, if you're ready for a great taste test, gather your family and friends around the table. I think you're all going to like what this book has to offer. Enjoy!



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