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Don't Panic--More Dinner's in the Freezer: A Second Helping of Tasty Meals You Can Make Ahead

Susie Martinez, Vanda Howell, Bonnie Garcia

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Thousands have already made the switch. Shouldn't you be one of them?

Cooking doesn't have to be just another chore after a long day of working and taking care of the family. It can be fun, easy--and infrequent. You can cook once a week--or even once a month--and still give your family the very best, with less money than you're probably spending on groceries now. Join the thousands of people who are already enjoying the Don't Panic method of cooking.

Don't Panic--More Dinner's in the Freezer is a simple and economical alternative to take-out and prepackaged foods, featuring quick and easy home-tested recipes designed to be prepared in quantity and frozen ahead. Whether you cook for one or for a large family, this unique method will simplify your life with healthy, money- and time-saving recipes like

•Santa Fe Chicken Nachos
•Creamy Tomato Basil Soup
•Calypso Salmon
•Grilled Honey Lime Chicken
•English Sirloin Pasties
•Herb Crusted Pork Chops
•Four Cheese White Pizza
•Chocolate Lava Cakes
•Summer Strawberry Crunch
•Baked Breakfast Blintz
•and many more

Don't Panic--More Dinner's in the Freezer also contains vegetarian and lighter fare recipes to fit a variety of lifestyles. Once you try the Don't Panic method, you may never go back to your old ways of cooking.

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