



A Man, a Can, a Plan : 50 Great Guy Meals Even You Can Make

David Joachim, The Editors of Men's Health

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A Man, a Can, a Plan: 50 Tasty Meals You Can Nuke in No Time by David Joachim and the Editors of Men's Health offers step-by-step recipes, including:

'50s-Style Creamed Chicken

How to make it: Cook the onion in the oil in a large skillet over medium heat, until tender. Dump in the chicken and stir. Cook for 1 minute. Stir in the soup and mushrooms. Simmer for 10 minutes. Stir in the sour cream over low heat. Heat through and serve over the cooked noodles. Makes 6 servings. Per serving: 354 calories, 5 g fat (12% of calories), 1 g saturated fat, 22 g protein, 54 g carbohydrates, 5 g fiber, 599 mg sodium. When it's not just you and the TV ... top with chopped fresh parsley.

10-oz can chunk chicken breast, drained and flaked

11-oz can reduced-fat cream of mushroom soup

6-oz can sliced mushrooms, drained

12-oz bag "no yolk" egg noodles, cooked according to the package directions

Also: 1/2 cup chopped onion, 2 tsp olive oil, 1 cup fat-free sour cream

Book Facts

Serving Size: 50 recipes

Main ingredients per recipe: About 5

Avg. prep time per recipe: 30 min.

Breakfasts: 4

Sandwiches: 8

Munchies: 9

Dinners: 25

Desserts: 4

Special cooking and nutrition tips: 15

Easy-to-clean pages: 43

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