



A Man, a Can, a Microwave: 50 Tasty Meals You Can Nuke in No Time (Man, a Can... Series)

David Joachim, The Editors of Men's Health

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First came *A Man, a Can, a Plan: 50 Great Guy Meals Even You Can Make*. *The Sunday Star-Ledger* cheered it as a "foolproof, not to mention spill-proof guide to manly success in the kitchen." And the *Detroit News* exclaimed, "Dude, this cookbook is for you."

Next came *A Man, a Can, a Grill: 50 No-Sweat Meals You Can Fire Up Fast*. Cookbook author Andrew Schloss, who wrote *Cooking with Three Ingredients* and *Dinner's Ready*, called the recipes "easy, flavorful...streamlined and smart. Real food-so good that no one will ever guess your secret is in the can."

Now there's *A Man, a Can, a Microwave*-and all those "dudes" who helped put the "Grill" book on the *New York Times* how-to bestseller list will be pleased to know that David Joachim and the editors of Men's Health haven't lost a beat. The 50 guy-friendly, nuke-able meals using packaged ingredients are fun to make and great to eat-and include such tasty dishes as "Italian One-Dish Fish," "Teriyaki Beef with Broccoli," and "Painless Paella." With step-by-step recipes and full-color photos, *A Man, a Can, a Microwave*, like the previous books in the series, is a perfect gift for anyone learning to cope in the kitchen. Make sure he has a can opener-and a hearty appetite!

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