



# THE BEST 3-INGREDIENT COOKBOOK

100 FAST  
& EASY  
RECIPES  
FOR  
EVERYONE

TOBY AMIDOR

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ACKNOWLEDGMENTS

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❄️

FREEZER-FRIENDLY

MP

MEAL PREP

DF

DAIRY-FREE

GF

GLUTEN-FREE

SERVING SIZE: 4 OZ (125 G)



## ROSEMARY-GARLIC PORK LOIN

### SERVES 4

1 tbsp (15 mL) chopped rosemary leaves

3 cloves garlic, minced

1 lb (500 g) boneless pork loin

### PANTRY ITEMS

2 tbsp (30 mL) + 1 tsp (5 mL) olive oil

½ tsp (2 mL) salt

¼ tsp (1 mL) ground black pepper

What's the secret to a 3-ingredient recipe? Use two very aromatic ingredients that complement each other in order to boost the flavor of that third ingredient. When you make the rosemary-garlic mixture and rub it into the pork loin, you'll see exactly what I mean!

**1** Preheat the oven to 400°F (200°C). Drizzle 1 tsp (5 mL) of the olive oil on a baking sheet and using a paper towel, coat the baking sheet.

**2** In a small bowl, whisk together the olive oil, rosemary, garlic, salt and pepper.

**3** Place the pork loin on the prepared baking sheet. Using a brush or clean hands, rub the rosemary mixture over all sides of the pork loin.

**4** Cook until a thermometer inserted into the thickest part of the loin reads 145°F (63°C), about 40 to 45 minutes. Let the pork rest for 10 minutes before slicing.

**TOBY'S TIP:** Boneless pork loin usually comes in 2 lbs (1 kg) packages. If you're making it for 2 or 4 servings, then pre-slice the pork into 8 oz (250 g) or 1 lb (500 g) portions, cover tightly with plastic wrap, and store in the freezer for up to 6 months.

### SERVES 2

1 tbsp (15 mL) + 1 tsp (5 mL) olive oil

1½ tsp (7 mL) chopped rosemary leaves

2 cloves garlic, minced

¼ tsp (1 mL) salt

⅛ tsp (0.5 mL) ground black pepper

8 oz (250 g) boneless pork loin

Cooking time: 25 to 30 minutes

### SERVES 8

¼ cup (60 mL) + 1 tsp (5 mL) olive oil

5 tsp (25 mL) chopped rosemary leaves

5 cloves garlic, minced

1 tsp (5 mL) salt

½ tsp (2 mL) ground black pepper

2 lbs (1 kg) boneless pork loin

Cooking time: 55 minutes





SERVING SIZE: 6 OZ (175 G)

MP DF

## MAPLE SOY SALMON

### SERVES 2

1 tbsp (15 mL) reduced-sodium soy sauce

1 tsp (5 mL) 100% pure maple syrup

12 oz (375 g) salmon filet, with the skin on

### PANTRY ITEMS

2 tsp (10 mL) olive oil, plus more for the pan

$\frac{1}{8}$  tsp (0.5 mL) black pepper

In this salmon dish, soy provides umami, a rich and savory flavor, which gives it depth, while the maple syrup balances it out with some sweetness. Make it a meal by serving [Roasted Cauliflower with Garlic and Parmesan](#) (page 000) and [Herbed Baby Potatoes](#) (page 000) alongside.

**1** In a large bowl, add the soy sauce, olive oil, maple syrup and pepper and whisk until combined. Add the salmon and toss to evenly coat. Cover the bowl and place in the refrigerator for at least 20 minutes and up to 4 hours.

**2** Preheat oven to 350°F (180°C).

**3** Drizzle olive oil on a sheet pan and using a clean paper towel spread it on the bottom of the dish to prevent the fish from sticking.

**4** Place the salmon, skin side down, into the prepared baking dish. Discard the leftover marinade. Place the fish in the oven and cook until fish is opaque and flaky, 15 minutes.

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**TOBY'S TIP:** Salmon provides omega-3 fats, which help support heart, brain and eye health at all stages of life. Aim for eating at least 7 oz (210 g) of fatty fish per week (like this salmon recipe or [Tuna Teriyaki](#) on page 000).

### SERVES 1

1½ tsp (7 mL) reduced-sodium soy sauce

½ tsp (2 mL) 100% pure maple syrup

6 oz (175 g) salmon filet, with the skin on

1 tsp (5 mL) olive oil, plus more for the pan

$\frac{1}{8}$  tsp (0.5 mL) black pepper

Cooking time: 15 minutes

### SERVES 4

2 tbsp (30 mL) reduced-sodium soy sauce

2 tsp (10 mL) 100% pure maple syrup

1½ lbs (750 g) salmon filet, with the skin on

5 tsp (40 mL) olive oil, plus more for the pan

$\frac{1}{8}$  tsp (0.5 mL) black pepper

Cooking time: 18 to 20 minutes

SERVING SIZE: 1¼ CUPS (300 ML)



# CREAMY CHEDDAR MAC AND CHEESE

## SERVES 4

10 oz (300 g) dry elbow macaroni pasta

2 cups (500 mL) evaporated milk

2 cups (500 mL) shredded sharp (old) Cheddar cheese

## PANTRY ITEMS

1/8 tsp (0.5 mL) salt

Who says you need to use lots of ingredients to get a silky-smooth macaroni and cheese? The secret in this 3-ingredient wonder is using evaporated milk and stirring in delicious sharp Cheddar cheese. Give it a try — you won't believe how easy it is!

**1** Place the pasta in a large skillet and add enough cold water to just cover the pasta and the salt. Bring the mixture to a boil over high heat. Lower the heat to medium and continue cooking until most of the water is absorbed, about 6 minutes. Add the evaporated milk and stir to combine. Raise the heat to high and bring the mixture to a gentle boil. Reduce the heat to medium-low and add the cheese. Continuously stir until mixture is smooth and has thickened, 1 to 2 minutes. Serve warm.

**TOBY'S TIPS:** To cut calories and saturated fat, use low fat evaporated skim milk and reduced fat cheddar cheese. Increase the fiber by using whole wheat macaroni pasta.

If the mac and cheese is a little more soupy than you like, continue cooking over medium-low heat until the excess liquid evaporates and reaches the thickness you like (it should only take a few minutes).

## SERVES 2

5 oz (150 g) dry elbow macaroni pasta

1 cup (250 mL) evaporated milk

1 cup (250 mL) shredded sharp (old) Cheddar cheese

1/8 tsp (0.5 mL) salt

Cooking time: 6 minutes

## SERVES 6

1 lb (500 g) dry elbow macaroni pasta

3 cups (500 mL) evaporated milk

3 cups (500 mL) shredded sharp (old) Cheddar cheese

1/4 tsp (1 mL) of salt

Cooking time: 6 to 7 minutes





SERVING SIZE: ABOUT 1/2 CUP (125 ML) PUDDING

1 GF

## CHOCOLATE RASPBERRY CHIA PUDDING

### SERVES 2

1 cup (250 mL) chocolate milk

1/4 cup (60 mL) chia seeds

16 raspberries

### EQUIPMENT

Two 8-oz (250 g) Mason jars or Weck jars

Those tiny little chia seeds have a mighty crunch, but when you add liquid to them, they soften and swell (or gelatinize). If you mix the chia seeds with a liquid like milk or water and let it sit overnight, in the morning you'll have a thick pudding that you can top with your favorite ingredients.

**1** Pour 1/2 cup of chocolate milk in each jar you are using. Add 2 tbsp (30 mL) of the chia seeds into each jar and stir to combine.

**2** Divide the raspberries evenly between the jars.

**3** Cover each jar and refrigerate overnight.

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TOBY'S TIPS: To cut back on calories and saturated fat, use reduced fat or low fat chocolate milk.

To make the dish dairy-free, use your favorite non-dairy chocolate milk, such as soy milk or almond milk.

#### 1 SERVING

1/2 cup (125 mL) chocolate milk

2 tbsp (30 mL) chia seeds

8 raspberries

One 8-oz (250 g) Mason jar or Weck jar

#### 4 SERVINGS

2 cups (500 mL) chocolate milk

1/2 cup (125 mL) chia seeds

32 raspberries

Four 8-oz (250 g) Mason jars or Weck jars

# 100 DELICIOUS AND EASY 3-INGREDIENT RECIPES FOR EVERY BUDGET, DIET AND LIFESTYLE.

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**H**ow many times have you opened a cookbook and been overwhelmed by the number of ingredients and amount of prep time needed for what sounded like a simple meal? *The Best 3-Ingredient Cookbook* presents 100 easy and delectable recipes from *Wall Street Journal* best-selling cookbook author Toby Amidor. It's full of Toby's Tips — great ideas for meal prep, quick meal planning and essential utensils. On every page, it brings you freezer-friendly, one-pot and 15-minute meals, each needing only three ingredients that are already in your cupboard or easy to find at your nearest grocery. Start your day with Pumpkin Oat Waffles or Pineapple Oatmeal and be ready for any challenge. Refuel at lunch with healthy Pesto Pizza or Tuna Stuffed Tomatoes. And after a long day relax with Spaghetti Carbonara or Easy Eggplant Parmesan. This easy to follow, fun cookbook will help you build your kitchen confidence.

- *Wall Street Journal* best-selling cookbook author Toby Amidor is a nationally recognized nutrition expert with more than 200,000 copies of her books in print.
- Recipes are designed for students, singles, couples, families and batch cooking, with on-page scaling options for easy reference.
- Author has strong media profile.

## MARKETING & PUBLICITY

Robert Rose will launch a highly targeted marketing and publicity campaign across North American platforms.

- National and regional print and online marketing and publicity campaign;
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- Social media outreach including all publisher and brand platforms and channels (Facebook, Pinterest, Twitter, Instagram);
- Digital sample, shareable graphics and recipe feature campaign;
- Selected author appearances currently being explored.

ISBN(S):  
978-0-7788-0678-3/  
0778806782

PUBLICATION DATE:  
September 2020  
(Shipping July 2020)

LIST PRICE:  
\$24.95 US / \$29.95 CAN

FORMAT/TRIM:  
TP, French flaps, 7.5" X 10"

PAGE COUNT: 224

ILLUSTRATIONS:  
100 color photos

SUBJECT/CATEGORY:  
Cooking

RIGHTS:  
World

**TOBY AMIDOR, MS, RD, CDN, FAND,** is a *Wall Street Journal* best-selling cookbook author with more than 200,000 copies in print, and a nationally recognized nutrition expert. She is the founder of Toby Amidor Nutrition and the nutrition expert for Foodnetwork.com. Toby is also a leading dietitian and recipe developer who believes that healthy and wholesome can also be appetizing and delicious. Toby lives in New York.

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