# Yasmin Fahr's Cookbook Offers Easy Solutions for Low Cooking Motivation Levels



Yasmin Fahr's new cookbook, "Cook Simply, Live Fully: Flexible, Flavorful Recipes for Any Mood," provides solutions for various levels of cooking motivation. Organized in chapters based on the cook's energy and willingness to prepare a meal, the book includes a special section for those extremely tired and considering takeout. This section features easy-to-prepare "lap dinners," designed for single servings that can be enjoyed while relaxing on a sofa.

One notable recipe from this chapter is the Warm White Bean and Bread Salad. Utilizing common pantry items such as canned beans, crusty bread, and arugula, the recipe transforms these simple ingredients into a delightful meal. The preparation involves tearing the bread into bite-sized pieces, toasting them in olive oil, and then warming them with the beans. The mixture is then seasoned with salt and crushed red pepper flakes, and tossed in a dressing made of olive oil, lemon, and mustard. Finally, fresh arugula is added, creating a wholesome, appetizing dish ready in about 15 minutes.

This recipe exemplifies the cookbook’s approach to creating minimal-effort yet satisfying meals.