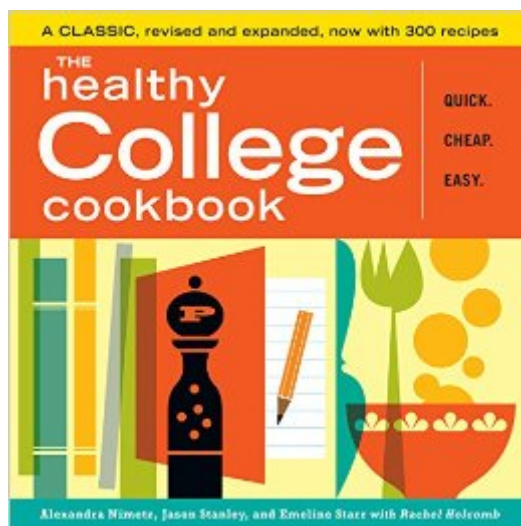


The book was found

The Healthy College Cookbook



Synopsis

If the pizza-delivery guy is in your apartment more often than your roommate, The Healthy College Cookbook is exactly what you need. With more than 300 recipes created by college students to show novice cooks how to make delicious, nutritious meals that are inexpensive and easy, there's no excuse not to cook for yourself. Whether you're a meat lover, vegetarian, or vegan, you'll find simple and adaptable recipes for quick breakfasts, portable snacks, fresh lunches, and satisfying dinners. Fuel your studies with some home cooking.

Book Information

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Average Customer Review: 4.4 out of 5 stars See all reviews (129 customer reviews)

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Customer Reviews

Toss the Ramen Noodles and Indulge!! actually bought this book as a gift for a friend who was both getting married AND going to graduate school all in the same year. I put it together with a gift basket...She has no cooking experience.And she said it has been one of her most used gifts!That said, upon leafing through her own copy, I bought a second book...for myself...in spite of the fact that I love to cook and have been doing so for MANY years. The recipes are quick, delicious, imaginative, and (a great thing in this economy) inexpensive too!It's a very thorough book even for someone who only wants to own ONE cookbook. Ever.There are loads of recipes and varied tastes within...from fish, to beef, to chicken, even vegetarian and vegan recipes are included...even for those who aren't vegetarians those recipes are GOOD hearty ones that cross-over well to carnivores. It just has a huge variety of bites.The recipes are diverse. Lots of good hearty American fare, but intermingled with Chinese, Indian, and Italian recipes. Also, there's everything from appetizers to breakfasts to salads to sandwiches to main dishes and desserts.I found the

ingredients to be ones that could easily be found and the recipes to be simple enough for the beginner cook...and fast for those on the go who still like good food.there are even some great recipes to help throughout life...such as how to make croutons!We've enjoyed the huevos rancheros. blueberry coffee cake, breakfast burritos and orange french toast for breakfast.

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