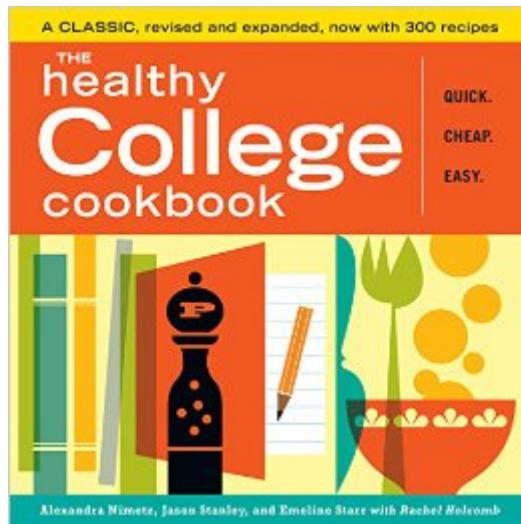


The book was found

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, thereâ™s no excuse not to cook for yourself. Whether youâ™re a meat lover, vegetarian, or vegan, youâ™ll find simple and adaptable recipes for quick breakfasts, portable snacks, fresh lunches, and satisfying dinners. Fuel your studies with some home cooking.Â

Book Information

Paperback: 293 pages

Publisher: Storey Publishing, LLC; Original edition (January 7, 2009)

Language: English

ISBN-10: 1603420304

ISBN-13: 978-1603420303

Product Dimensions: 8 x 0.8 x 8.1 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

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

Best Sellers Rank: #8,136 in Books (See Top 100 in Books) #25 inÂ Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian #65 inÂ Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

Customer Reviews

Toss the Ramen Noodles and Indulge! I 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.

[Download to continue reading...](#)

Go To College For Free: College Planning ABC's Guide To Finding Scholarships, Financial Aid and Free Tuition Awards For College Delicious Dessert Recipes Under 160 Calories. Naturally, Healthy Desserts That No One Will Believe They Are Low Fat & Healthy (Diet Cookbooks, Cookbook healthy Collection) Healthy Bread Cookbook: The Top 50 Most Healthy and Delicious Bread Recipes (banana bread, bread pudding recipes, daily bread, zucchini bread, monkey bread ... bread maker) (Top 50 Healthy Recipes) Renal Diet Cookbook: The Comprehensive Guide For Healthy Kidneys - Simple And Delicious Recipes For Healthy Kidneys (Healthy Eating) Cooking for One Cookbook for Beginners: The Ultimate Recipe Cookbook for Cooking for One! (Recipes, Dinner, Breakfast, Lunch, Easy Recipes, Healthy, Quick Cooking, Cooking, healthy snacks, deserts) Freezer Meals BOX SET 3 IN 1: 25 Simple And Money-Saving Recipes + 20 Healthy Crockpot Freezer Meals + 16 Delicious And Healthy Freezer Meals With No Meat: ... cookbook for two, dump dinners cookbook) Vegan: Vegan Diet Cookbook for Delicious and Healthy Recipes (Vegan Recipes, Vegan Cookbook, Vegan Diet, Delicious and Healthy Recipes) My Grain & Brain Cookbook: 101 Brain Healthy and Grain-free Recipes Everyone Can Use To Boost Brain Power, Lose Belly Fat and Live Healthy: A Gluten-free, Low Sugar, Low Carb and Wheat-Free Cookbook Low Carb High Fat Cookbook: Bacon, Butter & Coconut Oil-101 Healthy & Delicious Low Carb, High Fat Recipes Perfect For the Paleo Diet, Atkins Diet, Low ... Paleo Cookbook, Gluten Free Cookbook) The Healthy College Cookbook Lunch Recipes: 30 Most Delicious and Healthy Homemade Lunch Recipes for Your Kids: (Healthy Recipes, Healthy Cooking) Recipe Book: The Best Food Recipes That Are Delicious, Healthy, Great For Energy And Easy To Make (Healthy Cooking, Easy and Healthy Recipes, Recipe Cookbooks) Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners(Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb) (Cookbook delicious recipes 1) ADD and the College Student: A Guide for High School and College Students with Attention Deficit Disorder The Everything College Survival Book: All You Need to Get the Most out of College Life Transforming a College: The Story of a Little-Known College's Strategic Climb to National Distinction Teens' Guide

to College & Career Planning (Teen's Guide to College and Career Planning) CLEP College Composition Exam Secrets Study Guide: CLEP Test Review for the College Level Examination Program (Mometrix Secrets Study Guides) The Best 381 Colleges, 2017 Edition: Everything You Need to Make the Right College Choice (College Admissions Guides)

[Dmca](#)