

The Healthy College Cookbook

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Healthy cooking in college? The authors are genuine college students who wanted to come up with simple, healthy meals to get over that daily “what’s-for-dinner” quandary. The authors start out telling us how to stock the kitchen—with equipment as well as foodstuffs—and continue in a logical progression from breakfasts to appetizers right on through to desserts. Seafood, meat, chicken, pasta and vegetarian recipes each merit their own chapter.

The best part of this cookbook, however, can be found under the tips from “Mom.” Most of the recipes can be found in assorted different places (the Web, for one) but the tips make this recipe collection one of value. For instance, “Mom” says to put paper towels between pancakes as they are kept warm in the oven while the rest are cooking. And she tells one how to make croutons, how to keep crackers crunchy and how to buy broth so hearts stay healthy.

This cookbook is simply organized—using icons representing “vegetarian,” “author’s choice” and/or “super quick.”

With more than 200 recipes plus several recipes that include items like “Six Toppings for Baked Potatoes” or “Six Quick Ideas for Steamed Vegetables,” this sequel to 1987’s “The College Cookbook” will prove that not all college food need go to waist.

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