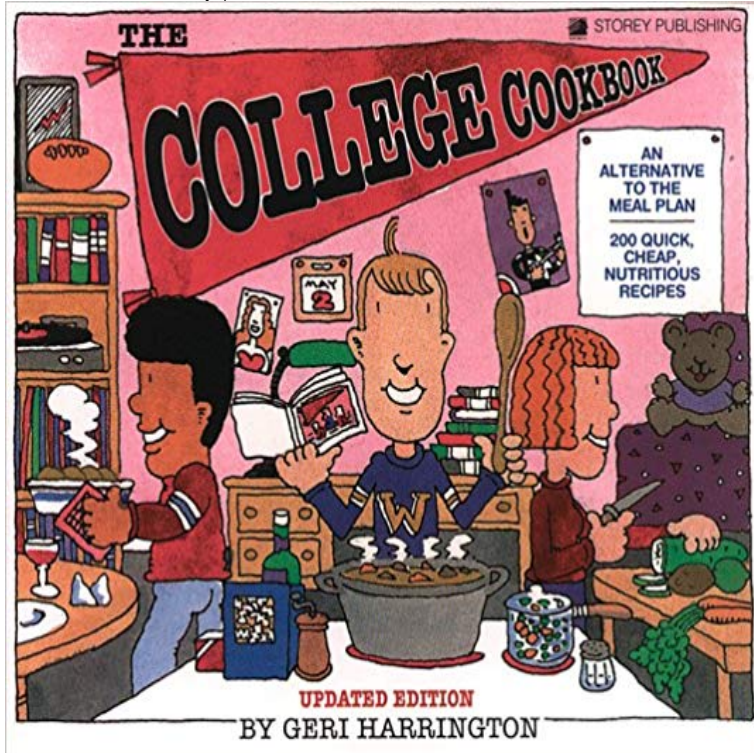


## The College Cookbook: An Alternative to the Meal Plan



For nearly a decade, The Healthy College Cookbook has offered time-pressed, budget-crunched students a simple way to enjoy home cooking in their own small apartment kitchens or even dorm rooms. Written by students for students, the book offers hundreds of simple, healthful alternatives to dreary cafeteria fare. The first edition was so successful it returned to print 17 times. Now, this best-selling cookbook has been revised, expanded, and enlivened for a new generation of students. One hundred brand-new recipes have been added to the old favorites, including expanded breakfast options, recipes for the ever-popular George Foreman Grill, new smoothie creations, and pizza toppings for storebought crusts, English muffins, and pita bases. Recipes require only a handful of easy-to-find ingredients. The book is packed with vegetarian options, and every recipe is as nutritious as it is delicious. Most can be prepared in less time than it takes to order pizza. Most college students are new to cooking, and The Healthy College Cookbook contains a wealth of information and tips for the novice. It explains cooking terms, describes common spices, and offers basic, sensible advice on stocking a kitchen with equipment and food staples. The book isn't just for novices, however. Even the most discerning young palates will appreciate zesty Garlic Green Beans with Tofu or lively Mandarin-Mint Salad. These recipes are so quick, so inexpensive, and so delicious that they're bound to become dinner party favorites, years past graduation.

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Healthy, Low-Cost Meals that Fit Your Budget and Schedule Adams Media The best way is to start by preparing a meal plan for one or two weeks. Then prepare a second halfportion, but substitute chickpeas for the kidney beans and