

A CLASSIC, revised and expanded, now with 300 recipes

THE healthy College cookbook

QUICK.

CHEAP.

EASY.



Alexandra Nimetz, Jason Stanley, and Emeline Starr with *Rachel Holcomb*

Alexandra Nimetz

The Healthy College Cookbook



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ll find simple and adaptable dishes for quick breakfasts, portable snacks, clean lunches, and satisfying dinners. Busy students will love these tasty, nutritious quality recipes.re a meat lover, vegetarian, or vegan, you'llf the pizza-delivery guy is in your apartment more regularly than your roommate, The Healthy College Cookbook is exactly the thing you need. Whether you'



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Find another book. The problem of the book is that we now have no pictures, and some of the dishes are actually quite complex. It's just the third. Simple and Direct This book is what I am searching for in a cookbook for a long time. At least if they cannot prepare it they can find out about it and get inspired to learn yet another among life's lessons. Many of the quality recipes require multiple items that the average college student will not ordinarily stock. Pretty helpful I have been looking for a cookbook like this for some time. Also requires a lot more kitchen utensils and hardware than a college student needs. Five Stars ideal for my 10 year old Five Stars nice item Great recipes Offered it to my sister and the girl cooks from it at all times like a pro. Not worth it Not worthwhile. I ended up bookmarking only 8 of the 300 dishes, and didn't need to pay the return shipping charge - would only have gotten \$4 refund if I had repaid. Not worth the money. As someone who is easily intimidated by cooking food nightly meals, it has actually helped. It's difficult to find prepare books that really simplify factors and make quality recipes as fast and simple as this book will. I am a grad student without much time or money. The mock Chinese takeout is among the best recipes ever I'm now 29 yrs . old and well out of college, and still get back to this cookbook I bought eight or nine years ago. The trouble with being truly a student is that it is very easy to fall into the habit of just grabbing fast food on a regular basis, but that will end up costing you more ultimately: money and health. The authors claim that it's quick, cheap, and easy. I was also longing for simpler crock pot meals. While not perfect, I came across this book to pretty helpful for a single graduate student with very little time and with limited funds. Just okay Pretty good cookbook, but has no photos for inspiration plus some recipes are fairly extravagant for a college student. Very great book for any college student to have Very great book for any college student to have. It contains many easy recipes that only need a microwave. It discusses basic kitchen essentials and written by a very reputable resource. I'd recommend for all those who have simply started or are currently in college. Five Stars Easy to follow and pleasurable to read. Beginners get to be great cooks by practice Got it for my Grand Daughter as her room mate said she cannot boil water yet. Basic, easy, cheap. It's not quick if many recipes require pre-heating an oven and baking the meals for one hour. Beginners get to end up being great cooks by practice, practice, practice. The very best college cookbook I have ever bought The very best college cookbook I've ever bought. Tons of recipes for a number of tastes, some an easy task to make and some a bit more lengthy. Perfect for a person who is just learning the fundamentals of cooking. Could have used a little bit more elaboration in some parts (remember - these kids have never made a turkey before!) but otherwise, it's perfect. Appealing design and the recipes can move together easily. Cookbook or Cooking 101? Five Stars Helpful and easy to understand cookbook." I understand how exactly to boil an egg. Not why I bought the book. This reserve had some helpful idea for foods that I need to keep in my kitchen, and some simple dishes. The mock Chinese takeout is usually one of the best dishes ever. My Grand Daughter can make spaghetti therefore with a cookbook probably they will not starve. What this should be called is "Intro to Cooking. I'd recommend it not just to university students but to anyone living on their own or who wants simple, self-explanatory recipes to cook. Good! An excellent book. Very Recommended! A little more remarks about staying away from getting extra fat than I think its needed but perfectly written and useful quality recipes. Also advisable for high school students to check out before they go to school, or people living by themselves for the first time.



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