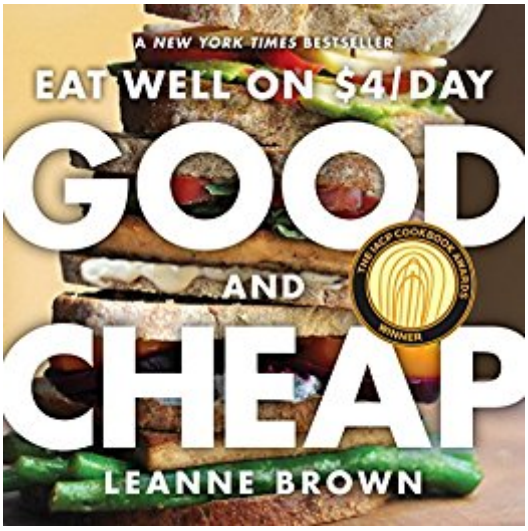
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Good And Cheap: Eat Well On $4/Day



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Synopsis

A perfect and irresistible idea: A cookbook filled with delicious, healthful recipes created for everyone on a tight budget. While studying food policy as a masterÃ¢â ¬â„¢s candidate at NYU, Leanne Brown asked a simple yet critical question: How well can a person eat on the $4 a day given by SNAP, the U.S. governmentÃ¢â ¬â„¢s Supplemental Nutrition Assistance Program informally known as food stamps? The answer is surprisingly well: Broiled Tilapia with Lime, Spicy Pulled Pork, Green Chile and Cheddar Quesadillas, Vegetable Jambalaya, Beet and Chickpea SaladÃ¢â ¬â •even desserts like Coconut Chocolate Cookies and Peach Coffee Cake. In addition to creating nutritious recipes that maximize every ingredient and use economical cooking methods, Ms. Brown gives tips on shopping; on creating pantry basics; on mastering certain staplesÃ¢â ¬â •pizza dough, flour tortillasÃ¢â ¬â •and saucy extras that make everything taste better, like spice oil and tzatziki; and how to make fundamentally smart, healthful food choices. The idea for Good and Cheap is already proving itself. The author launched a Kickstarter campaign to self-publish and fund the buy one/give one model. Hundreds of thousands of viewers watched her video and donated $145,000, and national media are paying attention. Even high-profile chefs and food writers have taken noteÃ¢â ¬â •like Mark Bittman, who retweeted the link to the campaign; Francis Lam, who called it Ã¢â ¬Å“Terrific!Ã¢â ¬Â•; and Michael Pollan, who cited it as a Ã¢â ¬Å“cool kickstarter.Ã¢â ¬Â• In the same way that TOMS turned inexpensive, stylish shoes into a larger do-good movement, Good and Cheap is poised to become a cookbook that every food lover with a conscience will embrace.

Book Information

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Customer Reviews

This is my absolute favorite cookbook of all time.I came across it months ago when it was only in PDF form as I was looking for ways to incorporate more vegetables into my family's meals. For so many of us, veggies are something we HAVE to eat for our health instead of something we want to because they are delicious. I can personally attest that Leanne transformed my worldview on the humble zucchini :) This cookbook is truly a book of inspirations and ideas, not hard and fast prescribed recipes. I have yet to find a recipe in here that my family, including my 2 year old, doesn't like (try the Corn Soup on your little ones.... It's a hit in my house!)To make it all even better, this cookbook is dedicated to the low-income community and helping those with limited income learn to cook healthfully - and more importantly- enjoyably, without being preachy or condescending. For any copy you buy, one gets donated to someone who needs it. I bought 4 copies which I'm sending to my siblings and friends. Buy it- it's a great cookbook and a great cause.

I bought this book because love been stuck in a rut with the same 7 meals for dinner. This book gave me some new ideas, and I can't wait to get cooking !

Found this book good for the health as well as tasty meals that contains value ideas. I hope this year I can stay away from the fake foods and find nutritious eating that this book points you to.You do need to give some time to preparing some foods, but ask yourself - are you worth it?

I really liked this. It's not a checklist or a rule book. But the guidelines are really helpful. I plan on putting this to use immediately!

amazing recipes for budget friendly meals.

Delicious! A must if you like food and live on a fixed income.....

I was pleasantly surprised at how many recipes I loved! Was not expecting so many good, nutritious recipes that were so inexpensive to make. This is a fabulous book for every home cook to have in their library. Great gift for anyone who likes to cook!

This is an enticing cookbook, suitable for everyone, with enticing, mostly fast and easy recipes that are nonetheless frugal- mostly because they de-emphasize meat.While there are a few time-consuming recipes, most are not- and there are tons of ideas for altering and re-combining elements to make new dishes. It's really more about an approach to cooking than about recipes per se... though the recipes look delicious!The directions are also very clearly written, so this is suitable for people of all levels of skill in the kitchen, including beginners.A particular benefit of buying this book is that Brown has committed to giving away one copy to someone in need for every one sold.I am lucky that I personally do not have to adhere to a strict food budget (but I still want to cook lots of these recipes!). It's even more important for people who do have a strict and limited budget, since it's way too easy to fall into the routine and boring; I remember those times.Unfortunately, it does not address people who are stuck in a food desert, which is a huge problem.Very recommended, both as an accessible basic cookbook that will improve skills for the novice, and for enticing recipes that are very cost-effective.Edited to add: The PDF of it is available for free on the author's website!

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