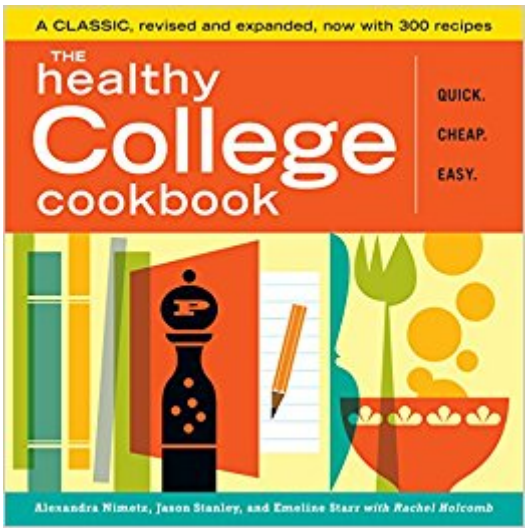
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The Healthy College Cookbook



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Synopsis

If the pizza-delivery guy is in your apartment more often than your roommate, The Healthy College Cookbook is exactly what you need. Whether youÃ¢â ¬â„¢re a meat lover, vegetarian, or vegan, youÃ¢â ¬â„¢ll find simple and adaptable recipes for quick breakfasts, portable snacks, fresh lunches, and satisfying dinners. Busy students will love these tasty, nutritious recipes.

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: 4.3 out of 5 stars 152 customer reviews

Best Sellers Rank: #22,232 in Books (See Top 100 in Books) #41 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian #106 inÃ Â Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

Customer Reviews

In less time and for less money than it takes to order pizza, you can make it yourself! Three harried but heatlh-conscious college students compiled and tested this collection of more than 200 tasty, hearty, inexpensive recipes anyone can cook -- yes, anyone! Whether you’re short on cash, fearful of fat, counting your calories, or just miss home cooking, The Healthy College Cookbook offers everything you need to make good food yourself.

All Williams College students in Williamstown, Massachusetts, during the production of the first edition, Alexandra Nimetz, Jason Stanley, and Emeline Starr are self-taught cooks who enjoy cooking and eating healthfully. They researched the numerous recipes passed on to them by family and friends, taste-tested each dish, and judged them all according to preparation time, effort, taste, and expense.All Williams College students in Williamstown, Massachusetts, during the production of the first edition, Alexandra Nimetz, Jason Stanley, and Emeline Starr are self-taught cooks who enjoy cooking and eating healthfully. They researched the numerous recipes passed on to them by family and friends, taste-tested each dish, and judged them all according to preparation time, effort,

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Very good book for any college student to have. It contains many easy recipes that only need a microwave. It talks about basic kitchen essentials and written by a very reputable source. I'd recommend for all those who have just started or are currently in college. Also a good idea for high school students to check out before they go to school, or people living on their own for the first time.

Overall, I really like this book. I've been able to try about 15 different recipes. Only one of them I didn't like (but that was my fault!). I knocked it down one star because, well, some of these are really complex. I feel like the majority of college students don't have a few hours to sit around cooking in the evening.With that in mind, the vast majority of the recipes are quick and easy ways to eat yummy food that is healthy for you. A great guide for anyone trying to avoid that Freshman 15.

The best college cookbook I have ever bought. Tons of recipes for a variety of tastes, some easy to make and some a little more lengthy. Perfect for someone who is just learning the basics 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 go together easily.

This was a great gift for a college student.

Our teenage daughter was looking for a healthy cookbook. She is not a fan of cooking, so it had to be easy. In just a month, she has made several recipes from the book - and they are easy and good! Some things are overly simple (liked baked potatoes), but there are a lot of recipes. Orange chicken is already a favorite. We have enjoyed the 'Mom says' comments, and some of the comments from the college kids that wrote it. I will have to get a copy for myself when she goes away to college!

I am giving it only 4 stars because of lack of pictures during process... if it is intended for amateurs i think more pictures from the process should be on the book. But everything else is excellent. I love the book!

I bought it for my son, and the recipes inside were wonderful,very easy to make and affordable.There were even recipes that I'd make for myself, I loved it.

The recipes in here were a little overly simple. If I'm going to break out a cookbook, I want to make something a little more interesting. That being said, I did make some of the recipes and they were tasty and inspired some simple, healthy meals

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