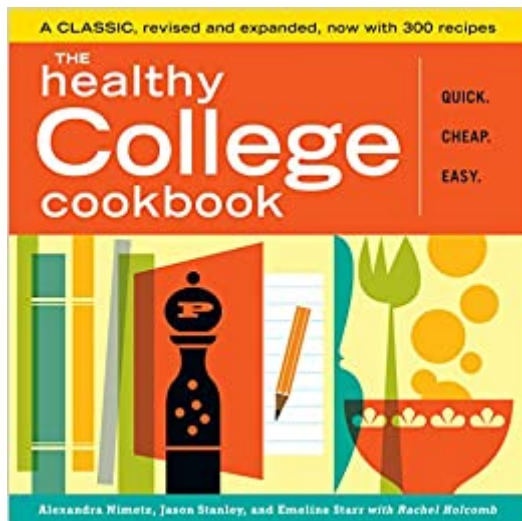


The book was found

The Healthy College Cookbook



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 you're a meat lover, vegetarian, or vegan, you'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 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian #106 in 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 health-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,

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, taste, and expense. While a student at the University of Massachusetts, Rachel Holcomb updated The Healthy College Cookbook with new recipes for today's college students seeking out healthier meal options.

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

[Download to continue reading...](#)

Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) Air Fryer Cookbook: The World's No. 1 Low Fat Fryer, The Ultimate Healthy Delicious Recipes Cookbook (clean eating, healthy cookbook, air fryer recipes cookbook,) The Kids' College Almanac: A First Look at College (Kids' College Almanac: First Look at College) Mug Recipes Cookbook : 50 Most Delicious of Mug Recipes (Mug Recipes, Mug Recipes Cookbook, Mug Cookbook, Mug Cakes, Mug Cakes Cookbook, Mug Meals, Mug Cookbook) (Easy Recipes Cookbook 1) Easy European Cookbook Box Set: Easy English Cookbook, Easy Greek Cookbook, Easy French Cookbook, Easy Irish Cookbook, Easy German Cookbook, Easy Portuguese ... Portuguese Recipes, Irish Recipes 1) Instant Pot Pressure Cooker Cookbook: Easy Recipes and the Ultimate Guide to Fast, Delicious, and Healthy Meals: Healthy, Easy And Delicious Meals With ... Crock Pot, Healthy, Quick & Easy, Paleo,) Renal Diet Cookbook: The Comprehensive Guide For Healthy Kidneys & Simple And Delicious Recipes For Healthy Kidneys (Healthy Eating) Paying for College Without Going Broke, 2018 Edition: How to Pay Less for College (College Admissions Guides) How to Succeed in High School and Prep for College: Book 1 of How to Succeed in High School, College and Beyond College Paying for College Without Going Broke, 2017 Edition: How to Pay Less for College (College Admissions Guides) Essential Bodybuilding Cookbook: 150 Healthy, Simple & Delicious Bodybuilding Recipes To Meet Your Every Need (The Healthy Bodybuilding Cookbook Series) Air Fryer: 130 Delicious Healthy

Recipes For Busy Working People(Air Fryer Cookbook, Instant Pot, Clean Eating, Weight Watcher, Healthy Cookbook, Paleo, Vegan) Instant Pot Recipes: Top Delicious 501 Healthy Instant Pot Recipes for Your HEALTHY FAMILY. (Instant Pot Cookbook, Electric Pressure Cooker Cookbook). Instant Pot Cookbook: 550 Healthy Recipes For Every Day. Instant Pot Cookbook For Two And For The Whole Family. Vegan, Paleo, Healthy Recipes Book. CROCK POT: Delicious, Healthy Crock Pot Recipes (2100 Crock Pot Recipes Cookbook, Clean Eating, Crockpot, Healthy Crock Pot, Crock Pot Chicken, Crock Pot Recipes Cookbook) Healthy Meal Prep: Healthy Cookbook Recipes for Weight Loss, Paleo Diet, Summer Recipes, American Cooking, Cookbook of Fish, Meat, Chicken, Vegetarian, Vegan, Soups & Stews - Cooking Recipe Anthology Instant Pot Cookbook: The Ultimate Healthy Delicious Recipes Cookbook ((Healthy Eating, Slow Pressure Cooker Recipes Book, Clean Eating,) Air Fryer Cookbook: Easy & Healthy Air Fryer Recipes For The Everyday Home –œ Delicious Triple-Tested, Family-Approved Air Fryer Recipes (Healthy Cookbook Book 1) Cooking for One Cookbook for Beginners: The Ultimate Recipe Cookbook for Cooking for One! (Recipes, Dinner, Breakfast, Lunch, Easy Recipes, Healthy, Quick Cooking, Cooking, healthy snacks, deserts)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)