

The Everything College Cookbook: 300 Hassle-Free Recipes For Students On The Go

Rhonda Lauret Parkinson, Rhonda Lauret Parkinson

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Even college students need to eat. How else do you expect to stay energized for early-morning classes and late-night study sessions? With The Everything College Cookbook as your guide, you can jumpstart your meal plan in minutes. Whether you're cooking for one or multitudes with a hot plate, studio stove, or microwave, you'll find everything you need to create fantastic meals that won't take tons of your time. Packed with ideas for tasty snacks, easy-to-make lunches and dinners, and delicious desserts, The Everything College Cookbook will help you eat smart, from the proverbial good breakfast to midnight munchies-but that's not nearly all. You'll also learn how to prepare: Microwaveable meals, such as Easy Onion Soup au Gratin for One and Baked Potatoes Stress-free dinners, such as Simple Beef Stir-Fry and Gourmet Chili Easy-to-pack treats, such as Homemade Trail Mix and Low-Cal Blueberry Smoothies Luggable lunches, such as Greek Salad Pita Pockets and Asian Lettuce Wrap Sandwiches Vegetarian alternatives, such as Roasted Pepper Medley and Steamed Jasmine Rice Delectable desserts, such as Lemon Cranberry Sorbet and Easy Apple Crisp With tons of convenient recipes to suit your every need and mood, The Everything College Cookbook is the one book you'll want to crack open every day of the week!



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