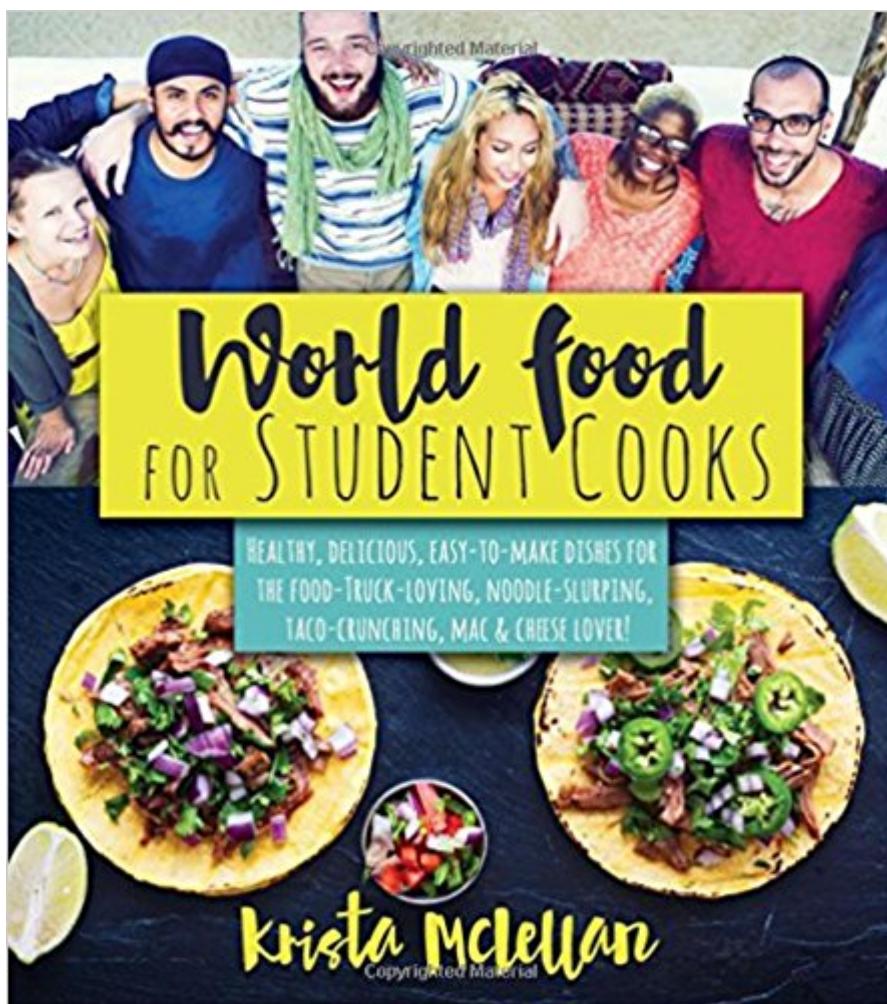


The book was found

World Food For Student Cooks: Healthy, Delicious, Easy-to-make Dishes For The Food-truck-loving, Noodle-slurping, Taco-crunching, Mac-n-cheese Lover!





Synopsis

A student cookbook with a difference, *World Food for Student Cooks* offers 170 quick, cheap and tasty recipes featuring the best of the world's cuisines -- Chinese, Thai, Mexican, French, Italian, Middle Eastern, Japanese and more. These are recipes for food that students want to eat, can afford and can make at home with only basic cooking skills! The ingredients are inexpensive and the results are healthy as well as tasty. Tacos and noodle bowls, mac n cheese, curries and pizzas, smoothies, cookies, brownies and more! Cookbook features include:

- Requires only essential pieces of kitchen equipment
- Uses staples on hand in every kitchen
- Uses inexpensive ingredients available at any grocery store
- Focuses on recipes that are popular with students today
- Healthy dishes that highlight fresh veggies, fruit and nonprocessed foods
- World food -- inexpensive, healthy recipes from Asian, Indian, Mexican, Middle Eastern and other international cuisines
- Lots of vegan and vegetarian recipes and options

This book will be a favorite for students, and will help parents rest easy knowing that young people can use it to cook the food they love -- and can afford.

Book Information

Paperback: 192 pages

Publisher: Formac Publishing Ltd. (April 17, 2017)

Language: English

ISBN-10: 1459504550

ISBN-13: 978-1459504554

Product Dimensions: 8 x 1 x 9 inches

Shipping Weight: 9.9 ounces (View shipping rates and policies)

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Customer Reviews

"Not your typical student fare and a big step up from hotdogs and packaged noodles... *World Food For Student Cooks* dishes up a helping of those recipes drawn from a variety of international cuisines, including Indian, Thai, Mexican and Middle Eastern." (Yvette D'Entremont, Metro Halifax 2016-08-15)

"The author of [this] new cookbook is hoping to change the way Canadian students eat." (CBC Radio Information Morning - Fredericton 2016-08-30)

"She wants you to enjoy cooking with tofu, legumes, and whole grains - not only because they're healthy, but also because they will be

tastily, filling and cheap...McLellan is looking to open the door to amateur chefs to the wide world of flavours and cooking techniques. And she does this in an easy-to-follow manner." (Simon Thibeault Atlantic Books Today 2016-11-23)"McLellan is looking to open the door to amateur chefs to the wide world of flavours and cooking techniques. And she does this in an easy-to-follow manner." (Simon Thibault, Atlantic Books Today 2017-03-29)

KRISTA McLELLAN is a registered dietitian, passionate home cook and ethnic food enthusiast who has lived the student life in some of Canada's most multicultural cities. She lives in Halifax. This is her first book

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