



# College Cooking: Feed Yourself and Your Friends

*Megan Carle, Jill Carle*

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## **College Cooking: Feed Yourself and Your Friends** Megan Carle, Jill Carle

You have a midterm tomorrow and a fierce growl in your stomach. Your roommate just nabbed your last cup o' ramen. Do you: (A) Ignore your stomach and brew another pot of coffee? (B) Break out the PB&J? (C) Order pizza—again? (D) Make a quick trip to the grocery store? The answer's D, and *College Cooking* is the only study guide you'll need. Sisters Megan and Jill Carle know all about leaving a well-stocked kitchen to face an empty apartment fridge with little time to cook and very little money. They practically grew up in their parents' kitchen, but even that didn't prepare them for braving the supermarket aisles on their own. That's why they wrote *COLLEGE COOKING*—to share the tips and tricks they've learned while feeding themselves between late-night studying, papers, parties, and other distractions. Starting with kitchen basics, Megan and Jill first cover ingredients, equipment, and other prereqs for cooking a decent meal. They then provide more than ninety simple yet tasteworthy recipes—hearty home-style dishes, study-break snacks, healthy salads, sweet treats, and more (along with low-cal and veggie options). You'll find easy and cheap-to-make dishes, like: Tortilla Soup • Chili with Green Chile Cornbread • Chicken Salad Pita Sandwiches • Baked Penne Pasta with Italian Sausage • What's-in-the-Fridge Frittata • Peanut Butter Cup Bars • Brownie Bites You'll also find recipes for feeding a household of roommates, maximizing leftovers, cooking for a dinner date, and hosting parties with minimal prep and cost. Just consider *COLLEGE COOKING* your crash course in kitchen survival—and required reading for off-campus living. Reviews “College Cooking is a must-pack, along with the fry pan and the blender, for those going back to college or starting this year.”—Arizona Republic “The recipes are quick, easy, and simple.”—Kansas City Star “This is reasonable food reasonably fast. I was going to give the cookbook to someone in college, but no way. This is going straight into my collection.”—Oakland Tribune

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