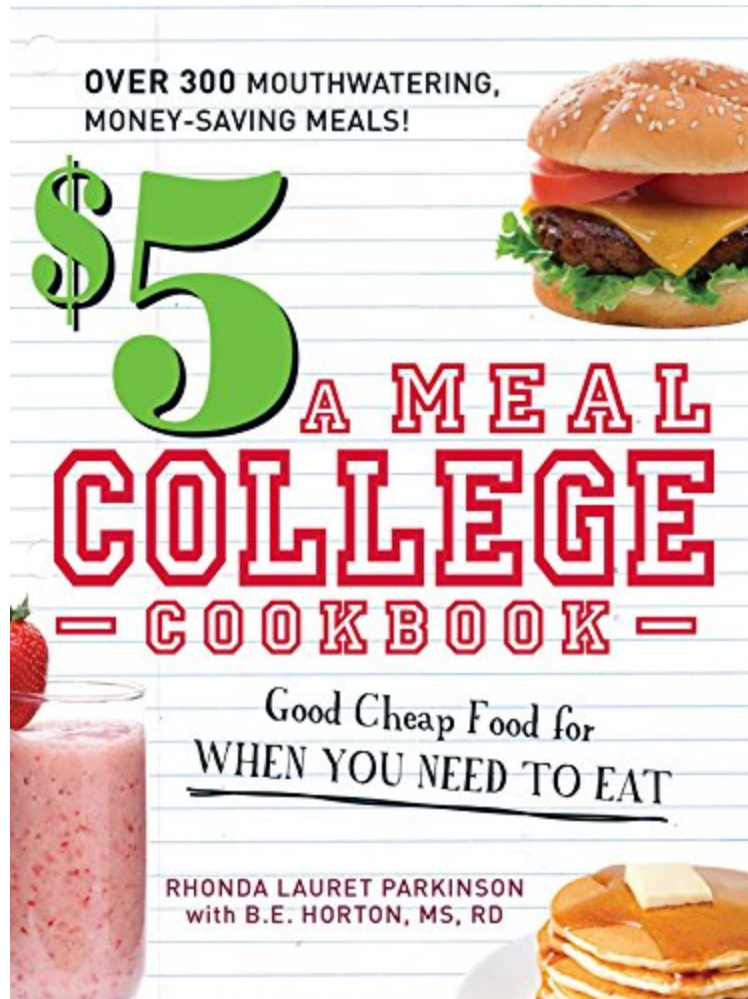


(Library ebook) \$5 a Meal College Cookbook: Good Cheap Food for When You Need to Eat

## \$5 a Meal College Cookbook: Good Cheap Food for When You Need to Eat

*Rhonda Lauret Parkinson, B.E. Horton*  
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**Rhonda Lauret Parkinson, B.E. Horton : \$5 a Meal College Cookbook: Good Cheap Food for When You Need to Eat** before purchasing it in order to gage whether or not it would be worth my time, and all praised \$5 a Meal College Cookbook: Good Cheap Food for When You Need to Eat:

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Say goodbye to the dining hall! Need a break from the monotony of your meal plan? Can't afford to waste money on lukewarm takeout? Well, now you can ditch the dining hall's soggy excuse for the Monday-night special thanks to this

appetite-saving book packed with cheap, easy, and delicious recipes. Offering up more than 300 hassle-free dishes, this cookbook will not only satisfy your hunger but your meager bank account, too! Whether you need a morning-after greasy breakfast, a cram-session snack, or date-night entree, here you'll find ideas for everything you crave, including: Western Omelet Asian Lettuce Wraps Easy Eggplant Parmesan Simple Pepper Steak Decadent Apple Crisp Saving you from overcooked, overpriced, and dull dishes, if you have to buy a book for college, this is required reading.

About the Author Rhonda Lauret Parkinson is the author of *The Everything Chinese Cookbook* and *The Everything Fondue Cookbook*. She is a freelance writer and chef. B.E. Horton, MS, RD holds a master's degree in nutrition communication from the Friedman School of Nutrition Science and Policy at Tufts University. She obtained her registered dietitian (RD) certificate after completing her undergraduate degree at the University of Vermont.