



101 Easy Student Dinners: Triple-tested Recipes (Good Food 101)

Barney Desmazery

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Making tasty and healthy dishes can be difficult for students—with a tight schedule and an even tighter budget, the odds are stacked against you. That's why the trusted team at *Good Food* magazine have collected their favorite recipes for quick, delicious dishes that won't cost the earth or require hard-to-find ingredients and specialist equipment. Chapters on Brainy Breakfasts help to keep body and mind going until lunch, while Express Dinners are perfect for those busy weeknight evenings. There is also a handy collection of dishes for one, as well as a chapter of hearty Food for Friends that won't break the bank. The full nutritional breakdown accompanying each dish helps you to maintain a healthy diet, and with a color photograph accompanying each recipe it really couldn't be simpler. This is the ideal cookbook for the student way of life—quick, healthy, and delicious food that leaves you with the time, energy, and money to study and socialize.

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