

Recipe Selection

Simple recipes are easy to find. Look for instructions using stir-frying, microwaving, crockpots, baking or grilling. Also seek out recipes with seven ingredients or fewer.

You can also simplify recipes by reducing the number of spices (try using taco seasoning mix instead of cumin, chili powder & coriander), substituting simple techniques for complicated ones and omitting exotic ingredients. A recipe is a *framework* to launch your creativity. When evaluating a recipe, consider it a good *idea* and customize it.

Free Recipe Resources

Glossary of Cooking Terms www.epicurious.com/cooking/how_to/food_dictionary/

U of M Libraries (use "cookbook" in the books collection) www.lib.umn.edu

Saint Paul & Minneapolis Public Libraries (search term "cookery" in the subject search)
www.stpaul.lib.mn.us www.mpls.lib.mn.us

Recipes online

www.allrecipes.com

www.epicurious.com

www.recipezaar.com

www.recipesource.com

www.foodnetwork.com

Recommended Cookbooks for College Students

- The Healthy College Cookbook by Nimetz, Stanley & Starr
- Pillsbury: Fast and Healthy Cookbook: 350 Easy Recipes for Every Day
- The College Cookbook by Geri Harrington
- How to Cook Everything: Simple Recipes for Great Food by Mark Bittman
- Betty Crocker's Good and Easy Cookbook
- 500 3-Ingredient Recipes by Carol Hildebrand and Bob Hildebrand
- 1... 2.. Cook, Quick and Easy Meals for One or Two People by R. Alexander
- Just One Pot by Lindsey Bareham
- Cooking Outside the Pizza Box by Jean Patterson and Danae Campbell
- Help! My Apartment Has a Kitchen Cookbook by Kevin and Nancy Mills
- The (Reluctant, Nervous, Lazy, Broke, Busy, Confused) College Student's Cookbook by Joshua N. Lambert and Debby Lee
- College Cuisine by Leila Peltosaari
- The College Student's Guide to Eating Well on Campus by Ann Litt
- The Starving Students' Cookbook by Dede Hall
- Tray Gourmet: Be Your Own Chef in the College Cafeteria by Larry Berger
- The Absolute Beginner's Cookbook by Jackie Eddy and Eleanor Clark
- Cheap and easy cooking: The survival guide for college students by Joe Dobrowolski
- Student's Vegetarian Cookbook by Carole Raymond
- Where's Mom Now That I Need Her? Surviving Away From Home by Kent Frandsen
- College Cooking: Feed Yourself and Your Friends by Megan Carle and Jill Carle
- Munchies by Kevin Telles Roberts
- The Everything College Cookbook by Rhonda Lauret Parkinson
- 101 Things to Do with Ramen Noodles by Toni Patrick
- 101 Things to Do With a Tortilla by Stephanie Ashcraft and Donna Kelly

© 2007 Boynton Health Service. Call 612-625-3222 to schedule a nutrition appointment.