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Good and Cheap Eat Well on 4Day

By Leanne Brown

Workman Publishing Company. Paperback. Condition: New. 208 pages. Dimensions: 8.4in. x 8.4in. x 0.5in. A perfect and irresistible idea: A cookbook filled with delicious, healthful recipes created for everyone on a tight budget and a cookbook with a strong charitable component: With every copy of Good and Cheap purchased, a second copy will be given to a person or family in need. While studying food policy as a masters candidate at NYU, Leanne Brown asked a simple yet critical question: How well can a person eat on the 4 a day given by SNAP, the U. S. governments Supplemental Nutrition Assistance Program informally known as food stamps? The answer is surprisingly well: Broiled Tilapia with Lime, Spicy Pulled Pork, Green Chile and Cheddar Quesadillas, Vegetable Jambalaya, Beet and Chickpea Salad even desserts like Coconut Chocolate Cookies and Peach Coffee Cake. In addition to creating nutritious recipes that maximize every ingredient and use economical cooking methods, Ms. Brown gives tips on shopping; on creating pantry basics; on mastering certain staples pizza dough, flour tortillas and saucy extras that make everything taste better, like spice oil and tzatziki; and how to make fundamentally smart, healthful food choices. The idea for Good and Cheap is already proving itself....



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-- **Dr. Retta Medhurst I**