



[DOWNLOAD](#)



Good and Cheap

By Leanne Brown

Algonquin Books (division of Workman). Paperback. Book Condition: new. BRAND NEW, Good and Cheap, Leanne Brown, 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 master's 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. government's 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...



[READ ONLINE](#)

[1.94 MB]

Reviews

Merely no words and phrases to describe. I am quite late in start reading this one, but better then never. I found out this ebook from my i and dad encouraged this pdf to find out.

-- Hyman Auer

I actually started out looking over this publication. It can be written in easy phrases and never difficult to understand. Your lifestyle span will probably be transform as soon as you comprehensive looking over this ebook.

-- Prof. Dayne Crist Sr.