

This thorough and witty culinary guide demystifies the kitchen and its contents for young adults and anyone who's found themselves in front of a full fridge exclaiming, "There's nothing to eat here!" With 200 easy-to-follow recipes, Evelyn Raab shows the culinary neophyte how to make all kinds of simple and scrumptious dishes for every meal and occasion. Revised for a new generation of students, this amusing cookbook focuses on creating whole, healthy foods using fresh ingredients. Recipes are coded with easy-to-understand icons and symbols that sort each dish into categories, such as vegetarian meals, cheap eats, couch potato, mom and family food, and cooking to impress. Clueless in the Kitchen includes informative and entertaining chapters on: The Kitchen -- a guide to alien territory Shopping -- you can't cook if you don't have it! Salads, soups and side things Meat dishes (beef, chicken and other critters) Vegetarian options Egg, fish and pasta entrees Baking and desserts Snacks and munchies. The book also features information and advice on meal planning, a glossary, a conversion chart and a handy index. Whether living on their own for the very first time or just on their own for dinner, Clueless in the Kitchen is the only guide novice cooks need to create an interesting, easy, delicious and nutritious meal.

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