



The \$5 a Meal College Vegetarian Cookbook: Good, Cheap Vegetarian Recipes for When You Need to Eat (Everything Books)

By Nicole Cormier



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The \$5 a Meal College Vegetarian Cookbook: Good, Cheap Vegetarian Recipes for When You Need to Eat (Everything Books) By Nicole Cormier

300+ meat-free dishes for \$5 or less!

Tired of your dining hall's sorry excuse for a vegetarian meal? Can't afford to spend all your money on mediocre takeout? Well, now you can enjoy hundreds of delicious, meat-free dishes that will not only satisfy your cravings but your wallet, too!

The \$5 a Meal College Vegetarian Cookbook makes it easy to create satisfying vegetarian dishes you'll actually want to eat. Featuring simple instructions and more than 300 tasty recipes, this book provides you with a variety of meat-free meals that will keep you full throughout the day. Best of all, each dish will only cost you no more than \$5, so you'll never have to worry about breaking the bank when you create soon-to-be favorites, such as:

- Potato poblano breakfast burritos
- Avocado and shiitake pot stickers
- Hearty mexican taco salad
- Quinoa and hummus sandwich wrap
- Easy eggplant parmigiana
- Chocolate mocha ice cream

Whether you need an energy-boosting breakfast, a cram-session snack, or a date-night entree, you will get the most out of your meals--and budget--with *The \$5 a Meal College Vegetarian Cookbook*.



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Editorial Review

About the Author

Nicole Cormier is a registered dietitian and local food enthusiast. She is the founder of Delicious Living Nutrition, Inc., and host of the weekly radio program *Radio Brunch*. Certified in Adult Weight Management from the American Dietetic

Users Review

From reader reviews:

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