

Index

Topic	Page Number
Terms for Cooking Processes	4
Equipment Needed	6
Preparing the Work Area	8
Food and Health Safety	9
Measurements Refresher	10
Sample Shopping List & Matching Recipes	11
Suggested Use for Herbs	12
Recipes	
What's for Breakfast?	13
Doing Dessert	31
Are you hungry for Dinner?	40
Beverage Anyone?	78
Loving the Lunch	90
Pasta to the Rescue	109
Snacks for Study Time	126
Prep for Later	123
Very Yummy Veggies	154
Broiler Bites	172
Index by Type of Food	177
Index by Title in Alphabetical Order	185
Index by Ingredient	189

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This cook book was developed when she saw the need in her son's eating patterns (eating out daily – usually at fast food restaurants) and she knew he could create less expensive, and often healthier meals himself. This cookbook is dedicated to her son, Nathan.

