

Cookbook Review: *College Cooking: Feed Yourself and Your Friends*

The College Cooking: Feed Yourself and Your Friends cookbook has a recipe that is suited to fit just about everyone. It's written by two college women who know what it's like to prepare food in a tiny kitchen with limited time and money. The cookbook is split into eight sections including recipes for days you feel like eating light or indulging, and has low-cost recipes for making your favorite desserts. The first chapter is a bonus as it offers a list of all the small ingredients and a list of 10 that serve as the bare necessities to cook every single recipe in the cookbook. This cookbook is a help to those who are new at cooking, as it's filled with colorful pictures that are a big plus. Does the recipe look right? Does it taste good? Does it smell good? All of those questions can be answered with YES when using ***College Cooking: Feed Yourself and Your Friends***.

Chicken with Rice

1-10oz can cream of mushroom soup	1 ¼ cups water
1-1.3oz package dry onion soup mix	3 to 4 pounds bone-in chicken pieces
1 cup white rice (or minute brown rice)	

Preheat oven to 350°F. Stir together the cream of mushroom soup, onion soup mix, and rice in a 9 X 13-inch baking pan. Add the water and stir until fairly smooth. *The water will not get mixed in completely, just make sure the rice is evenly distributed in the pan.* Place the chicken pieces on top of the rice mixture and cover the pan with aluminum foil. Bake for 30 minutes. Carefully remove the foil and bake for another 30 minutes, or until the chicken is lightly browned. (You can also make this with boneless chicken: just leave the foil on for 45 minutes and take it off for the last 15 minutes.) Remove from the oven and serve immediately. Serves 4 to 6 people.

Baked Penne Pasta with Italian Sausage

1 lb uncooked penne pasta	2 cloves garlic
1 small onion	1 lb lowfat Italian sausage
2 (15 oz) cans tomato sauce	2 tsp Italian seasoning
2 cups shredded mozzarella cheese	

Preheat the oven to 350°F. Lightly coat a 9 X 13-inch baking pan with oil or cooking spray. Bring a large sauce pan of salted water to a boil and add the pasta. Cook over medium-high heat, stirring occasionally, for 10 minutes or until al dente. Drain the pasta in a colander. Meanwhile, peel the onion and chop it into ¼ to ½-inch pieces. Peel the garlic and finely chop. Place the sausage in a saute pan and add the onion and garlic. Cover over medium-high heat, stirring frequently, for 15 minutes, or until the sausage is completely browned. Drain the grease from the pan, add the tomato sauce and Italian seasoning, and stir until combined. Spread half of the pasta into the baking pan and top with half of the sauce and 1/3 of the cheese. Layer the remaining pasta, sauce, and cheese and bake for 20 to 25 minutes, until the cheese begins to brown. Remove from the oven and serve immediately. Serves 4 to 6 people.

Spinach Salad with Strawberries and Goat Cheese

1 egg white	2 Tbsp white wine vinegar
½ cup pecans	½ cup canola oil
1 Tbsp +1tsp sugar	12 oz baby spinach
1 lb strawberries	½ cup crumbled dry goat cheese

Preheat oven to 375°F. Lightly coat a baking pan with oil or cooking spray. Place the egg white in a small bowl, add the pecans, and toss until completely coated. Remove the pecans with a fork, draining off as much of the egg white as possible, and place on the baking pan (you just want the pecans wet so the sugar will stick). Sprinkle 1 Tbsp of the sugar over the pecans and toss lightly to coat evenly. Bake for 10 minutes, or until the pecans are dry. Remove and discard the tops from the strawberries and cut each one into quarters. Place ½ cup of the strawberries into a small bowl and smash with a fork until they are in tiny pieces. Add the remaining 1 tsp sugar and the vinegar to the bowl and stir well. Slowly add the oil, mixing briskly with a whisk or fork. Place the spinach, goat cheese, pecans, and remaining strawberries in a large bowl. Add the vinaigrette just prior to serving and toss until well combined. *The salad can be prepared ahead of time, but don't toss the vinaigrette until you are ready to serve or the spinach will wilt.* Serves 4 people. 356 calories, 27g fat, 418mg sodium, 19g carbohydrates, 7g fiber, and 15g protein.

Peanut Butter Cup Bars

1 cup butter, softened	3 cups confectioners' sugar
1 (18oz) jar peanut butter (about 2 cups)	12 oz chocolate chips
1 ½ cups graham cracker crumbs (about 12 squares)	

Preheat the oven to 350°F. Place the butter and peanut butter in a large bowl and stir until smooth. Add the graham cracker crumbs and sugar and stir until completely combined. Spread the mixture in a 9 X 13-inch baking pan and bake for 30 minutes. Remove from the oven and let stand for 5 minutes to cool slightly. Sprinkle the warm bars with the chips, let stand for 2 minutes until the chips begin to melt, and then spread them evenly over the top. Makes 48 bite size squares. 174 calories, 12g fat, 102mg sodium, 16g carbohydrates, 1g fiber, and 3g protein.

College Cooking: Feed Yourself and Your Friends authors: Megan & Jill Carle

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