



## College Vegetarian Cooking

*Megan Carle , Jill Carle*

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**College Vegetarian Cooking** Megan Carle , Jill Carle  
**Beyond Rice Cakes and Ramen**

Quiz time! Vegetarianism is:

- A) strictly for humorless health nuts.
- B) fine if you actually *like* brown rice. I guess.
- C) what? I wasn't sleeping, I was resting my eyes. Can you repeat the question?
- D) just kind of . . . normal.

You answered D, right? Meatless eating is healthy, inexpensive, ecologically friendly, and even hip. What's not to like?

But it's not always easy being green. The salad bar can get pretty uninspiring after a while, and you don't even want to know how much salt lurks in that can of tomato soup.

Enter the Carle sisters: Megan (the long-time vegetarian) and Jill (the skeptical carnivore) are the dietary divas of yummy, doable dishes for teens and young adults. In this new book (their fourth), they offer the tips, tricks, and tasty recipes they use to feed themselves and their friends in style--veggie style.

The Carles make cooking easy for cash-strapped, kitchen-shy vegetarians, starting with instructions on how to set up a basic veggie kitchen on the cheap. And they keep it simple with 90 recipes organized into student-friendly chapters, from "Cheap Eats" to "Impressing Your Date," "Dinner for One" to "Party Food," plus a desserts chapter packed with vegan options. Every page bursts with color photographs.

Whether you're sharing Pasta Primavera with your roommates, taking a Caramelized Onion Tart to a party, grabbing a Roasted Red Pepper and Avocado Wrap on the run, or buttering up your sweetie with Mushroom Ravioli, *College Vegetarian Cooking* will break you out of the ramen rut--without breaking your budget.

## College Vegetarian Cooking Details

Date : Published July 7th 2009 by Ten Speed Press (first published June 16th 2009)

ISBN : 9781580089821

Author : Megan Carle , Jill Carle

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## From Reader Review College Vegetarian Cooking for online ebook

### **Cherise says**

Good, basic cookbook. I think this would be a great introduction to cooking for someone on a budget and with limited kitchen equipment. Most of the ingredients could easily be found in a regular grocery store.

For a more experienced cook there are still plenty of ideas for quick and cheap vegetarian meals. However, I found the cooking times to be frequently off by significant amounts of time. It's an easy thing to correct for if you know your way around the kitchen, but I can imagine some burnt disasters at the hands of a new cook.

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### **Hannah Darphin says**

I love this cookbook. It offers easy ways to eat fresh, healthy, and cheaply! I am a lover of fruits & veggies, however I am also a carnivore! I often used these recipes and just added baked chicken. It was a great way to please everyone who I was cooking for.

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### **Jessica says**

I found this cookbook through a friend. He had cooked several delicious meals, and I had asked for the recipes, which all came from this book. While I still have many recipes to try, those that I have had so far, have been delicious. The recipes are easy to follow. I have made some adjustments to some of the recipes, but the best part about the recipes is that they really lend themselves to making those changes, and the co-authors seem to encourage that.

The eggplant parmesan "casserole" was delicious and it made enough food to reheat for several meals. I added onions to the vegetable barley soup, and I would suggest that anyone who really likes a lot of flavor try and find ways to enhance the soup to their tastes. It is good and plentiful soup, but I found it a little lacking in terms of flavor.

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### **Adrienna says**

This is the first vegetarian book I read on a budget, humorous not bland with content, and beautiful photos of food. I am not a vegetarian but this book surely makes me want to be one soon. Some of the photos are scrumptious, maybe even for meat eaters to try the veggie side every once in awhile.

I will try a few recipes and see how it goes.

I am also considering buying the book (got it from the library). This is the first vegetarian book I've considered to try a majority of the recipes and more or less to purchase. The others, I will write down a few recipes or smoothie drinks to make, and call it quits and get rid of it. This one I hope the food choices works, and hey, we can also tweak it to our likings as well. I can learn a thing or two.

It also lets you know the tools or equipment needed, but also a checklist of what foods spoil quicker than others, as well as foods you need to have in your house! I love herbs mainly in my home and still have to add a few here and there on the list that doesn't seem costly like others books or items I've never heard of in your regular grocery store!

(Completed 3/25/2013, first read. Second time for two weeks in May 2013). Leisure read, 2014.

**Adrienna Turner**  
Author of "The Day Begins with Christ"

Re-reading as of Jan. 13, 2014, since I am reviewing some quick and easy vegetarian meals that I enjoyed last time for this following week. I also plan to get my copy this year. I prefer the book version, but hoping the price goes down a little more on Amazon. However I am reviewing my copy a second time via eBook (did it the other time on my phone while on vacation to help back in May) and first read was physical book.

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### **Cristina says**

I liked these recipes! They were pretty simple and straight forward. They even had a broke section, which I highly appreciated.

Definitely worth a look. :)

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### **LemontreeLime says**

A very pretty book, great photos and format. I completely reverse my previous review, because i kept catching myself looking yet again at yet another recipe and photocopying 12 and then wishing i just had a copy of it to mark in my changes and the photos ARE well done.... okay i will probably be buying this. I wish the title wasn't so limiting to its audience because there really are some clever ideas that many outside of college would be willing to try. Planning on making the tomato tart, the oven fried zucchini sticks, and the potato/sweet potato tart very soon!

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### **Alien Citizen says**

Yummy, quick to make food...I couldn't find a book called graduate school vegetarian cooking. :-P

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### **Emily says**

I found several recipes to save in this book.

The wonton ravioli is delicious!!!

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### **Kelley says**

i know - i'm not in college - but this seems like a great source for cheap, and easy veggie meals!

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### **Alexandra Consolver says**

The Carle sisters are definitely the lesser known of my favorites, but they definitely know what they are doing! These girls are in their twenties and write cookbooks about college and young adult life. You might think that that would cause their recipes to be so basic that they are boring... but in all actuality they are sharing their love of food with those who are learning to cook in new lifestyle situations. I would recommend all 3 of the pictured books to anyone, even a more advanced cook. They cover so many different types of food that you can always find something to spice up your weekly menu in one of their books! The two college books also have sections on budget meals, party menus and feeding crowds.

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### **Andy says**

If you need a quick meal on a budget and need a basic cookbook then this is for you. Maybe it's just me but I didn't like that there were so many pasta recipes and half the stuff in there I already knew how to make. I need a cookbook that gives me new ideas for meals. Oh well.

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### **Autumn says**

This is the first cookbook that I have actually read cover-to-cover. The authors wrote in a way that it felt like I was actually talking to them about the food rather than reading about the food. The cookbook also contains lots of colorful photos, fun facts, tips, and much more. I tried making about half of the recipes in the book and they were all easy to make and delicious to eat. This book is perfect for someone who needs some help navigating around the kitchen.

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### **Joss says**

Many recipes in this book are comprised of fried dishes. If you are looking to eat healthy this may not have the quantity of recipes you are looking for. However there were a few recipes that were healthy and inexpensive to make. It was a great read to inspire me to come up with interesting food combinations in addition to discovering different ways to mix in interesting ingredients like white beans or zucchini.

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### **Jenn says**

The biggest fault with this book is that many of the recipes made 4-6 servings. If you are in college and a vegetarian, you are most likely to be cooking for ONE. I wish more of the recipes were for a single serving. The quiche and crepes were good though..

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### **Deb says**

I had to return this before I got to try any recipes, but I was impressed by the amount of "real" vegetables and healthy recipes in this book. So impressed that it's on my Christmas wishlist!

This review will be updated once I have a taste of the delicious within.

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