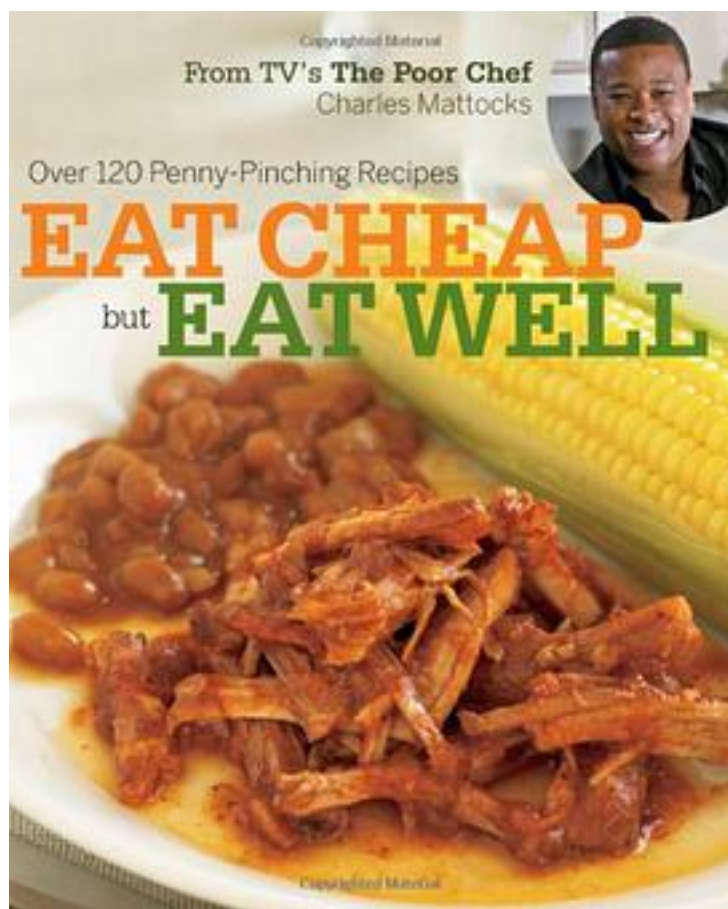


Eat Cheap But Eat Well



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Over 120 delicious ways to slash your weekly food bill If you're looking for easy ways to feed your family on a budget, then this cookbook is for you. Appearing on TV as "The Poor Chef," Charles Mattocks has spent years demonstrating that it's possible to serve up healthy, tasty meals for only \$7.00—or less. Now, in this practical cookbook, Charles

collects the all-time best penny-pinching recipes from his television appearances. Contributed by real cooks around the country and inspired by cuisines around the globe, the recipes you'll find inside have only two things in common—they're incredibly cheap and they're incredibly delicious. For just a few bucks, you and your family can feast on dishes like these: Steak Fajitas Finger-Lickin' Pulled Pork with Beans and Corn Fruity Lamb Curry Healthy Turkey Lasagna Asian-Style Nutty Noodles Laid-Back Creole Catfish with Okra Pizza Frittata Caribbean Lime Chicken with Grilled Pineapple E-Z Sesame-Ginger Chicken Salad "Ja Mon" Jamaican Rice and Peas Cheesy Tomato Panini Banana-Raisin Bread Pudding Featuring engaging photographs, including sixteen pages in full color, plus icons to help you spot the most affordable recipes at a glance and tips on satisfying cravings for less, Eat Cheap but Eat Well is your indispensable kitchen companion in today's tough economic times.

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