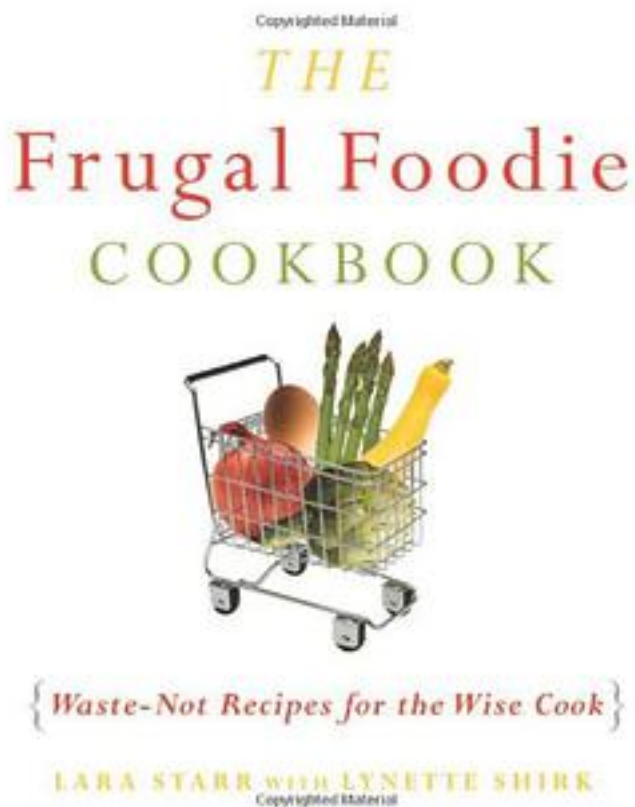


# The Frugal Foodie Cookbook



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The recession has put a lot of strain on the grocery bill, especially for those with families or friends to feed. But that doesn't mean having to skip gourmet food and a balanced diet. Noted chef and "four-star frugal gourmet" Lynette Shirk shows readers how to creatively and cleverly use ingredients and leftovers to produce wonderful inexpensive meals for any occasion. This book has everything, from roasting coffee at home to concocting inexpensive crave-worthy casseroles to whipping up snacks on a

shoestring. Chapters include "Bankable Breakfasts," "Lunch for Less," and "Dinner on a Dime," and feature irresistible recipes from Shaved Shrimp Rolls and Gourmet PBJ to an "Exponential Chicken" that stretches the bird over five different courses. With hundreds of delicious dishes and expert advice (including fun ideas for serving), The Frugal Foodie Cookbook keeps hungry readers living well and eating better.

作者介绍:

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