

Cooking So Easy College Students Can Do it

The majority of college students do not know about cooking. We're about to show you how easy it really is.

Please believe me when I say that you do not want to be eating macaroni & cheese and Ramen noodles for dinner every night at college. This is really hard on your body. Anyway, cooking does not have to be difficult and complex. The only thing you have to have are the right recipes and an creative mind.

Recipe books exist that were put together especially for college students who have no time and no cooking skills. Consider buying Starving Student's Cookbook, Cooking Outside the Pizza Box, The Healthy College Cookbook, or another college cook book. You'll certainly be glad you did.

For some people, recipes just aren't their thing. No worries! When it's dinner time simply find a bunch of stuff that go together and toss them into a pot or frying pan. Try chicken, rice, and steamed carrots. Or ground beef, onion, corn, tomato sauce, sliced olives, noodles, and oregano leaves. Salt and pepper to taste and throw some cheese on top.

Here are other simple meals: spaghetti, fettuccini Alfredo, Caesar salad, Stone soup (throw anything you want in it), hotdogs, pasta tuna salad, three bean salad, or try a crock pot meal!

Also, never EVER skip breakfast! Cereal, fruit, yogurt, and oatmeal make quick and simple breakfasts. Or try pancakes, muffins or biscuits. If you don't have time to make them from scratch, buy a mix! Your metabolism suffers when you don't eat breakfast. Avoid it at all costs. If you're really in a hurry take a granola bar or an apple, but get anything into your stomach.

NOTE: Use of this article requires links to be intact.

About the Author

To learn more about things college students should know visit [What I Wish I Had Known Before College](#). Being a college student herself, Elise Fisher loves writing articles for her website [About-Student-Loans.com](#) and other college information.

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