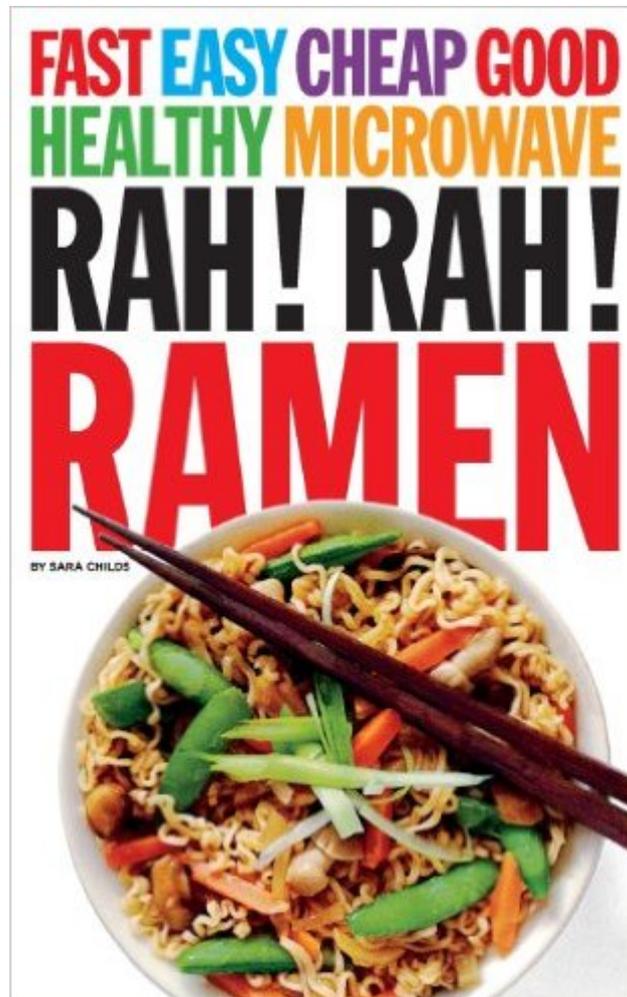


The book was found

Rah! Rah! Ramen



Synopsis

Rah! Rah! Ramen by Sara Childs. Fast, Easy, Cheap, Good and Healthy microwave cooking for students and lovers of ramen. With a few simple ingredients, a few minutes and a microwave, meals, including dessert, are ready to eat. A valuable alternative to student "fast food," cheaper and healthier too! 53 recipes, kitchen-tested and photographed with easy to follow instructions. Perfect for the starving student or just a fast meal. Ramen is inexpensive and using a microwave oven is faster than standing in line to order a fast food burger. Ramen has almost half the calories of a popular fast food chicken sandwich, less than a third of the calories of a reuben sandwich and has less than a quarter of the fat and a third of the calories of deep fried xcrispy chicken tenders. It's high in carbohydrates and if you use the flavor packet, fat and sodium. BUT... the up side is, ramen has fewer calories than many fast foods. But ramen noodles can be more than a super fast microwavable carbohydrate meal. If you discard the flavor packet, add a can of stewed tomatoes, some Italian herbs, powdered garlic and dried onion flakes you've created Ramen Marinara in 5 to 7 minutes or try Ramen in Red Clam Sauce, the prep and cooking time is 7 to 10 minutes. Ramen is one of the cheapest foods in the supermarket and with imagination can be a versatile staple in your college cuisine. RAH! RAH! RAMEN recipes will add flavor and variety for a super fast, super-cheap, super-good meal.

Book Information

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Customer Reviews

My children are fond of Ramon noodles. I am not a big fan of the packets of seasoning and their

high salt content. I saw this book in an NPR story and bought two copies for two of my sons. In short, Child's cookbook helped create the conditions for a wonderful summer of cooking experiments. Evening meal discussions included recipe results and ingredient requests for new recipes they wanted to try.

Fabulous!!!! Great Ramen in a micro. Beautifully organized and photographed. Perfect for a student on a budget or a quick, easy, fast, cheap meal.

A little extra effort turns plain, instant everyday, ramen packaged snack into a great variety of tasty meals. A college bound student must-have.

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