
14 must have

Recipes for the beginner

Inside you will find 14 recipes every beginner should know when they start off on their own. Whether going off to college, or getting your own place for the first time, you will find these recipes quite helpful. I have also included some extra meal ideas for those days when you just have no idea what you want. *Beginners and College Kids First Cookbook: 14 Basic Recipes plus tips and tricks (Pick a Meal)*

At the end you will find a couple of helpful tips and measurement guides. I have tried to remember back when I first went off on my own.. and these things were the ones I remember

wanting to know the most.

The recipes all include food labels for those of you that have to watch for medical reasons.

Keep your eyes open in the near future I am working on a few other Cookbooks, but this one will get you started on the right track.

Hope you enjoy,,

If you have any requests or suggestions feel free to Email me at dixie45@live.com and put "cookbook" Beginners and College Kids First Cookbook: 14 Basic Recipes plus tips and tricks (Pick a Meal) in the subject line..

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Beginners and College Kids First Cookbook: 14 Basic Recipes plus tips and tricks (Pick a Meal)

Deviled Eggs or Egg Salad

Introduction

this is the basic Beginners and College Kids First Cookbook: 14 Basic Recipes plus tips and tricks (Pick a Meal) recipe you will need for Deviled Eggs, Egg Salad Sandwiches,

add to Potato's or Macaroni for salads...

Minutes to Prepare: 15

Minutes to Cook: 30

Number of Servings: 12

Ingredients

Hard Boiled Egg, 6 large

Mayonnaise, 4 heaping Tbsp

Yellow Mustard, 1 good squirt (don't forget to shake the bottle first)

Granulated Sugar, 2 tsp

Salt & Black Pepper to taste

Paprika, light sprinkle over top

Preparation :

Boil eggs in water with a little salt,, keeps the shells from cracking and makes it easier to get the shell off.

boil eggs in a medium size pot on medium high heat for about 15 to 20 minutes,, take off the stove, drain water, then run cold water over them for a bit or put in fridge till cold.. that sets the center...

Peel the eggs... I found if Beginners and College Kids First Cookbook: 14 Basic Recipes plus tips and tricks (Pick a Meal) you lightly crack the egg all over its easier to peel...

Now for **Deviled Eggs**.. cut the egg in half... carefully scoop the yolk into a different bowl, place the eggs on a plate..

get the bowl with yolks in it and add mayo, mustard, salt , pepper, sugar to your taste and mash altogether so its creamy.

Using a teaspoon...spoon the yolk filling into the eggs on the plate and Lightly sprinkle with Paprika to make it pretty..

OR if you want to make **Egg Salad**for sandwiches or to use in your potato salad Beginners and College Kids First Cookbook: 14 Basic Recipes plus tips and tricks (Pick a Meal) or macaroni salad... simply cut the whole egg up into chunks, I cut it like a potato,, add a couple tablespoons of Mayonnaise or Miracle whip, a squirt of mustard, salt, pepper, and a sprinkle of sugar, mix well but Beginners and College Kids First Cookbook: 14 Basic Recipes plus tips and tricks (Pick a Meal) be gentle Beginners and College Kids First Cookbook: 14 Basic Recipes plus tips and tricks (Pick a Meal) don't mash the Beginners and College Kids First Cookbook: 14 Basic Recipes plus tips and tricks (Pick a Meal) eggs.

Tips: You can add diced onion, bacon bits, or celery if your making sandwiches. If you want it

creamier add a little more Mayonnaise.

Nutrition Facts

Servings Per Recipe: 12

Serving Size: 1 whole deviled egg

Amount Per Serving

Calories 69.9

Total Fat 6.1 g
and tricks (Pick a Meal) g

Saturated Fat 1.3 g

Polyunsaturated Fat 2.4 g

Monounsaturated Fat 1.1 g

Cholesterol 94.2 mg

Sodium 259.7 mg

Potassium 44.8 mg

Total Carbohydrate 1.5 g

Sugars 0.7 g

Protein 3.3 g

Potato Salad

Introduction

always a favorite no matter what time of year

Time Beginners and College Kids First Cookbook: 14 Basic Recipes plus tips and tricks (Pick a Meal) to prepare : about 1 ½ hrs.

Number of Servings: 12

Ingredients

Beginners and College Kids First Cookbook: 14 Basic Recipes plus tips and tricks (Pick a Meal)
Potatoes 8 large Beginners and College Kids First Cookbook: 14 Basic Recipes plus tips and tricks (Pick a Meal) cut Beginners and College Kids First Cookbook: 14 Basic Recipes plus tips and tricks (Pick a Meal) up in bite size pieces. You can peel the potatoes or wash them really good and leave the peelings on.. it's just a matter of preference.

6 eggs boiled

Preparation:

Put Beginners and College Kids First Cookbook: 14 Basic Recipes plus tips and tricks (Pick a Meal) into a Lg. Pot filled with water.. salt slightly on medium high heat and boil about 25 to 30 minutes. Remove from stove and drain, put back in pot and set in fridge for at least 30 minutes... if you don't let the potatoes cool down they will get all mushy when you mix everything else in. while your potatoes are boiling you should also have some eggs boiling and prepare them as in the EGG SALAD recipe above.

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