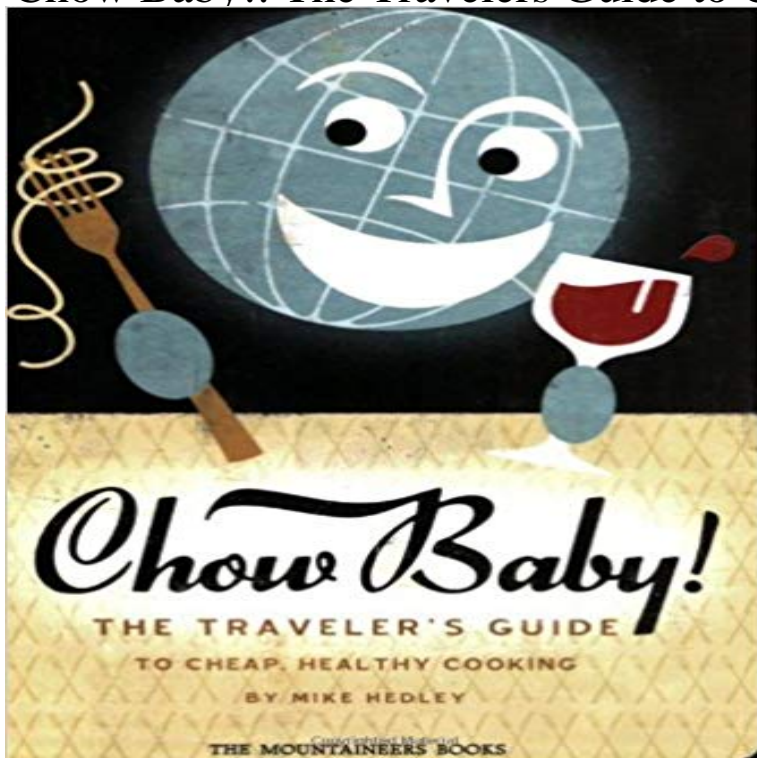


Chow Baby!: The Travelers Guide to Cheap, Healthy Cooking



Perfect for hostellers and families on the road: even inexperienced cooks can create these cheap, simple, healthy meals away from the home kitchen. 50 time- and money-saving meals that emphasize good nutrition and appeal to kids and adults alike

Recipes require minimal equipment and feature readily available ingredients

Includes brief anecdotes on the origin/inspiration for each recipe and the camaraderie of sharing meals with fellow travelers

On a 26-month backpacking journey that took him through Australia, New Zealand, Thailand, and Germany, Mike Hedley had an epiphany: he was spending too much of his adventure money on food. Surely there was a cheaper and healthier alternative to the two-minute noodles, canned pastas, and other convenience foods he saw fellow travelers resort to. Hedley, a chef, began to develop simple, healthy, inexpensive recipes that even the most inexperienced cook can create on the road. Ingredient lists are short, and no exotic or hard-to-procure items are required. These recipes are designed for the most basic equipment travelers will likely have access to. For example, if you lack measuring spoons, just turn to the conversion chart in the front of the book and you'll find the equivalents given in pinches, dashes, and handfuls. Recipes such as Darwin Salad, Vegetable Omelet, Barbeque Steak Sandwich, Tuna Burger, Easiest Chili, Smashed Potatoes, and Banana Rice Pudding please kids as well as adult travelers. To keep your palette interested, most recipes offer a few simple variations. For easy selection, recipes in each section are arranged in order of cost and effort involved, from cheapest and easiest to more elaborate and expensive.

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