

## **Additional Cooking Resources**

### **Cook Books & Statistics**

#### [15 Easy Recipes To Make With Pantry Staples](#)

- Author, Whitney Bond, discusses different simple, easy, and quick meals that can be made with pantry staples in this online cookbook.

#### [35 Seriously Easy Meals For College Students – Midlife Rambler](#)

- Nicole on the Midlife Rambler dives into 35 easy and quick meals for college students on the go. This online cookbook provides numerous simple yet nutritious options for meals with pantry staples.

#### [Home Vegetable Gardening in New Mexico](#)

- This article discusses the benefits that young adults in college gain when they understand how to cook and when they can access healthy food options. Some benefits they discuss is a healthy diet and lifestyle, confidence when shopping and cooking food, and overall better food agency. They also focus on expressing the benefits of taking cooking classes and utilizing food kits to enhance their cooking skills, and ensure each student reaches better dietary goals (fats, carbs, protein, etc.)

#### ***The I Don't Want to Cook Book - by Alyssa Brantley***

- This book provides easy, quick meals with products you might have at home. This book is available at Target.

#### ***Healthy, Quick & Easy College Cookbook: 100 Simple, Budget-Friendly Recipes to Satisfy Your Campus Cravings - By Dana Angelo White***

- This book provides healthy recipes that are easy, quick and affordable, specifically meant for busy college students on a budget. This book is on Amazon.

#### ***The New Mexico Farm Table Cookbook: 100 Homegrown Recipes from the Land of Enchantment - By Sharon Niederman***

- This book provides recipes on New Mexican food and with traditional and local foods. This book is on Amazon.

### **Cooking Classes**

#### [Get Cooking: A Guide to ABQ's Cooking Classes](#)

- This website provides places in Albuquerque that run cooking classes of many kinds.

### [Three Sisters Kitchen Community Classroom](#)

- This website shows cooking classes that are run at three sisters' kitchens, their schedule and price of each class (March 25th-\$30 and March 27th-\$50).