

Starvin' student

by Graeme Whamond

Tired of Kraft Dinner and food that looks like No-Name Dog Food? Would you like to save time/money when preparing meals and still be proud of your cooking?

Do you dread mealtime because you end up spending a lot of valuable time unnecessarily and it still tastes gross?

If you answered YES, then read on! I'll let you know now that I'm writing this on behalf of all the students like myself who would really like to make good solid meals and still save time and money. Below are a few starter recipes that you can try until my next issue of STARVIN' STUDENT.

If you think this article is helpful and would like to see it continued, — let me know. Leave a message at

the GATEWAY the next time you're in SUB.

P.S. Don't hesitate to send me your own recipes OR time/cost-saving tips that you've come across. All suggestions are welcome — really!

25-Minute Chicken
(Freezer to Table)

TIME: 25 minutes from freezer to table

COST: \$1.25 to \$2.00

DEGREE OF DIFFICULTY: Simple

Chicken Pieces (as much as you want)

2T lemon juice

2T margarine

2T honey/brown sugar

Poultry Seasoning, Tarragon (as desired)

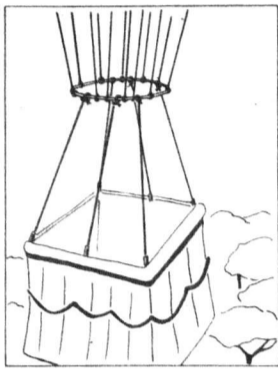
- 1) Put Chicken in plastic bag. Thaw in hot water (5 mins)
- 2) Raise oven rack, turn on broiler
- 3) Melt sauce ingredients and pour over chicken in casserole dish
- 4) Broil 15 minutes. Meanwhile, steam frozen vegetables (steaming retains more nutrients than boiling and it's faster)

LAST WORD:

You need about 3 glasses of Milk per day but that can be expensive. so stretch your 2 per cent by adding equal amounts of homogenized milk with NO-NAME-skim milk made from powder.

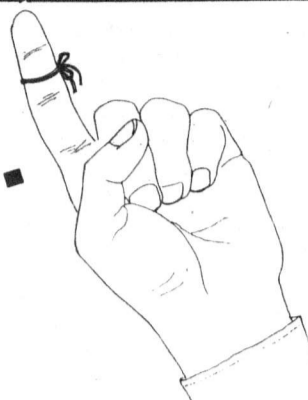
On average, 2L costs about \$1.20 instead of \$1.67 and it tastes a lot like real two per cent.

Geepio



by York

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- Tuesday night at Goose Loonies: A fashion show featuring HUB's own SMASHIN' FASHION, and STYLISTICS HAIR
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