



2008

Sam Stern's Real Food Real Fast

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Stern, Sam. *Sam Stern's Real Food Real Fast*. Illustrated by Sam Stern. Candlewick Press, 2008. ISBN 9780763635336. \$16.99. 128 p.

Reviewer: Gabi Kupitz

Reading Level: Young Adult

Rating: Outstanding

Genre: Cookbooks

Subject: Cookery--Juvenile literature; Books--Reviews;

Sam Stern is a British teenager who wants to convert friends from fast-food junkies to quick and healthy cooks and eaters. Delicious recipes, full-color photographs, an index, tabs for 5 minute to 30 minute meal suggestions, and clear instructions serve up a cookbook that will be used. Stern also includes vegetarian suggestions. U.S. measurements and every-day ingredients make meal preparation a snap.

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