



# One Bowl: Simple Healthy Recipes for One

*Stephanie Bostic*

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Spicy Cabbage and Tofu with Noodles

Intuitive and straightforward, every section of this book is designed for the single cook with limited time and resources. Tips and general information guide the cook through basics like how to how to boil an egg and make rice, while more substantial nutrition information guides the reader to healthy choices. Stephanie has used her research background to both create great recipes and also present readily understood tips and guidelines for positively changing your diet by eating more fruits and vegetables. Enjoy them knowing that the recipes are full of healthy fats, fruits, vegetables, and whole grains!

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