



The Healthy RVers Cookbook: Good Food on the Go

Janice M Hughes

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A health-conscious cookbook designed for the recreational vehicle traveler that provides tips on meal planning and preparation on the go. Recipes feature easy to find and easy to store ingredients. Useful information for the traveling cook also includes safe handling and storage of food, organizing the pantry, choosing cookware, and using propane appliances. A special section focuses on common food additives and how to avoid them. Humorous anecdotes about traveling and cooking accompany the recipes.

Janice M. Hughes is the author of other handy and unique books for people who travel, such as *You Can't Buy That in Kansas: A Practical Traveler's Guide to State and Provincial Highway Regulations, Liquor Laws, and More* and *Blow It Up or Buy It: 50 Ridiculous Road Games for Kids*.

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