



**Munchies: Cook what you want, eat what you like.  
Finally, a cookbook even you will use.**

*Kevin Telles Roberts*

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# Munchies: Cook what you want, eat what you like. Finally, a cookbook even you will use.

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Most men between the ages of 18 and 26 are cuisine-challenged. When it's time for a meal, they are often faced with frozen macaroni and cheese, a packet of ramen noodles, or the phone to order take-out. Not only is this not healthy, it doesn't impress girls and it's a waste of money. And, as self-taught chef Kevin Telles Roberts can tell you, it is so unnecessary.

Now the man who has cooked for extreme sports athletes and the coolest television stars gives us Munchies--the hip, edgy, no-fear cookbook for young adults who think their kitchen is just a large room to store the refrigerator in.

With more than 100 foolproof recipes created for even the most inexperienced cook, Roberts cooks the food you love with minimal damage and maximum impact. Nuclear Wings, Garlic Fries, and Killer Shark Tacos that will leave you party guests gasping. Quick Quesadillas for solo late-night snacks. Tater-Tot Hash and Roman Toast--the new breakfast for champions. Munchies has recipes for veggies and fish as well. Pistachio-Crusted Halibut for when you suddenly need to impress a dinner date. Beer-Soaked Steak or Ponzu Chicken for when you want to fire up the grill, as well as great summer side salads to accompany your meal. Finally, there are recipes for desserts such as Peanut Butter Cookies or Baked Cinnamon Apples that you can make even if you've never turned on your oven. Munchies will show you how to cook the food that you want to eat.

Lost in a fast-food, cold leftovers, breakfast-bar wilderness? From your college dorm to the smallest apartment with no dishwasher, Munchies will transform your cooking with confidence and creativity. Hip, funny, and totally accessible, Roberts cooks like the rest of us and makes it taste good.

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