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Eeny meeny miny mo meals

Not sure what to cook for dinner? Try mealopedia.com. It's a free online cookbook that's refreshingly simple to use and easy to browse. Plan a random menu, select by recipe, or search by ingredient to salvage what's left in the larder. Choose from more than 20 categories including: easy 1-2-3; budget; gluten free; high protein; low fat; low GI and kid friendly. Recipes aren't elaborate, the site has a preparation section and calculates nutritional content and cooking quantities according to serves. A shopping list of recipe ingredients can be SMS'd to your mobile, or even better, delivered to your door by Aussie Farmers Direct.

MICHELLE POTTS

mealopedia.com

