



From Soup to Nuts

Sonia R. Martinez

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This cookbook is packed with over 77 recipes as well as tips and tricks from one of the Big Islands most beloved food writers, Sonia R. Martinez:

"There have been a lot of discussions in social media and other Internet groups about using convenience foods to have more time left to spend with family. As far as I'm concerned, that is a cop-out!

"With the price of food steadily rising, ready-made convenience foods are also more expensive. You can feed a family of four several home-cooked (and healthier) meals for pennies per person if your money is spent wisely."

— Sonia R. Martinez

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