```
mysql> SOURCE C:\iste230\chris\PE\PE08\engPE8soln.sql
_____
SELECT name FROM recipe WHERE source = "mom"
+----+
name
+----+
| Linguine Pescadoro |
| Zuppa Inglese
+----+
2 rows in set (0.00 sec)
SELECT recipe.name FROM recipe JOIN nutrition USING(recipeId)
   WHERE nutrition.quantity < 800
name
+----+
| Beef Parmesan with Garlic Angel Hair Pasta |
| Beef Parmesan with Garlic Angel Hair Pasta |
| Beef Parmesan with Garlic Angel Hair Pasta |
| Linguine Pescadoro
| Linguine Pescadoro
| Linguine Pescadoro
| Linguine Pescadoro
| Zuppa Inglese
| Zuppa Inglese
| Zuppa Inglese
| Zuppa Inglese
| Lobster Thermadore
| Lobster Thermadore
| Lobster Thermadore
| Crispy Fried Chicken
| Crispy Fried Chicken
| Crispy Fried Chicken
| Crispy Fried Chicken
+----+
18 rows in set (0.00 sec)
```

SELECT ingredients.name, ingredientlist.quantity FROM recipe

JOIN ingredientlist USING (recipeId)

JOIN ingredients USING (IngredientId) WHERE recipe.name like "Beef Parmesan%"

+	++
name	quantity
+	++
beef cube steak	1.5
onion, sliced into thin rings	1
green bell pepper, sliced in rings	1
Italian seasoned bread crumbs	1
grated Parmesan cheese	0.5
olive oil	0.125
spaghetti sauce	1
shredded mozzarella cheese	0.5
angel hair pasta	1
garlic	1
butter	0.125
+	++
11 rows in set (0.00 sec)	

rows in set (0.00 sec)

SELECT ingredientlist.recipeId FROM ingredientlist JOIN ingredients USING (IngredientId) WHERE LOWER(ingredients.type) IN ("beef", "chicken", "pork", "lamb")

```
+----+
| recipeId |
+----+
      1 |
      5 |
     10 |
     11 |
     12 |
+----+
5 rows in set (0.00 sec)
```

SELECT distinct recipe.name FROM recipe JOIN nutrition USING(recipeId)

JOIN ingredientlist USING (recipeId) JOIN ingredients USING (IngredientId) WHERE nutrition.name = "calories"

mysql> notee