

CENTER OF THE PLATE. COOKS OF ALL SKILL LEVELS WILL ENJOY MORE THAN 100 RECIPES MIXING TRADITION AND INNOVATION, RANGING FROM THE BASICS (FRESH SPINACH PASTA DOUGH AND FRESH TOMATO SAUCE) TO THE SEASONAL (SPRING RISOTTO WITH GREEN AND WHITE ASPARAGUS) TO SAVORY (GRILLED LAMB SPIEDINI ON A BED OF CAPONATA) AND SWEET (PUMPKIN GELATO). THIS INDISPENSABLE RECIPE COLLECTION WILL APPEAL TO ITALIAN CUISINE LOVERS LOOKING TO CELEBRATE VEGETABLES IN ANY MEAL, EVERY DAY. “MARCHETTI’S EGGPLANT ‘MEATBALLS’ IN TOMATO SAUCE IS SIMPLY DAZZLING . . . RICH, SUCCULENT, VIBRANT, SATISFYING . . . THIS SIMPLE, CONTEMPLATIVE, SEDUCTIVE BOOK OFFERS BREAD SOUP WITH SUMMER SQUASH; BEET AND BEET GREEN GRATIN; RICCIOLI WITH PEAS AND PORCINI; AND STAPLES LIKE BASIC BEANS IN A POT.” —SCOTT MOWBRAY, EDITOR OF COOKING LIGHT “FRESH VEGETABLES, PREPARED SO BEAUTIFULLY AT THE PEAK OF RIPENESS, RESULT IN A BOOK YOU WON’T WANT TO LIVE WITHOUT. THE REALLY SPECIAL PART IS THAT DOMENICA CREATES A PERFECT MARRIAGE BETWEEN CLASSIC ITALIAN VEGETABLE DISHES AND THE SEASONAL ABUNDANCE THAT IS AVAILABLE AT YOUR LOCAL FARMERS’ MARKET. THIS IS TRULY AN INSPIRATIONAL COOKBOOK AND ONE THAT I WILL ENTHUSIASTICALLY RETURN TO FOR YEARS TO COME.” —TRACEY RYDER, COFOUNDER OF EDIBLE COMMUNITIES

GOOD HOUSEKEEPING EASY TO MAKE! MEAT-FREE MEALS GOOD HOUSEKEEPING INSTITUTE 2009-03-16 COOKING.
AT HOME IN THE KITCHEN DAVID KINCH 2021-03-23 120+ RECIPES FOR THE UNFUSSY DISHES—FROM ALL-DAY EGGS TO 2 A.M. SNACKS—THAT THE JAMES BEARD AWARD-WINNING, THREE-MICHELIN-STARRED CHEF OF MANRESA COOKS AT HOME. “AN INSTANT CLASSIC, IT DEFINES CALIFORNIA COOL AND WEARS ITS SOPHISTICATION LIGHTLY.” —PADMA LAKSHMI WHEN DAVID KINCH ISN’T WORKING AT ONE OF HIS RESTAURANTS, HE COOKS IN HIS STRAWBERRY-COLORED BUNGALOW—AFFECTIONATELY KNOWN AS THE PINK PALACE—WHERE HE LIVES ON THE NORTHERN CALIFORNIA COAST. A CASUAL MEAL MIGHT INCLUDE A RUSTIC PASTA MADE WITH CANS FROM THE PANTRY, A SIMPLE ROASTED CHICKEN, OR TOO MANY OYSTERS TO COUNT. IN AT HOME IN THE KITCHEN, YOU’LL FIND DAVID’S READY-FOR-ANYTHING MOTHER-SAUCE MAYO, A REVELATORY GUACAMOLE WITH POMEGRANATE, THE BEST MAKE-AHEAD GRILLED CHEESE, AND EVERYTHING YOU WANT TO EAT FOR DINNER TONIGHT: ONION & BRIOCHE SOUP, BRUSSELS SPROUTS WITH CIDER & GOAT CHEESE, PENNE WITH A WALNUT SAUCE, JAMBALAYA NEW ORLEANS STYLE, OVEN-ROASTED POTATOES WITH COD, WHOLE ROAST CAULIFLOWER WITH CAPERS & EGG, AND MUCH MORE. PHOTOGRAPHED ON LOCATION IN THE COASTAL TOWN OF SANTA CRUZ, WHERE DAVID SURFS, SAILS, AND ENTERTAINS, THIS LAID-BACK COOKBOOK IS PACKED WITH GO-TO RECIPES, SONGS TO LISTEN TO WHILE COOKING, AND A FEW CLASSIC COCKTAILS (RHUM PUNCH, DAIQUIRIS, SANGRIA, MARGARITAS!) TO SET A CHEERFUL MOOD. AND WHILE EACH RECIPE HAS NO MORE THAN A FEW KEY INGREDIENTS, DAVID’S CLEVER TECHNIQUES, SUBTLE TWISTS, AND FRESH FLAVOR COMBINATIONS GUARANTEE DELICIOUS—AND IMPRESSIVE!—RESULTS IN NO TIME AT ALL.

THE FLEXITARIAN APPROACH LINDA ALLEN 2014-01-20 FLEXITARIAN DIET IS A HEALTHY WAY FOR THOSE WHO WISH TO REALLY MAKE A CHANGE FOR LONG-LASTING HEALTH, WANTS WEIGHT LOSS A HEALTHY WAY. FLEXITARIAN DIET IS A KIND OF SEMI-VEGETARIAN DIET IN WHICH A PERSON EATS MOSTLY VEGETARIAN DIET, BUT OCCASIONALLY EAT MEAT FOR HEALTH AS WELL AS FOR ENVIRONMENTAL REASONS. A FLEXITARIAN DIET IS A WELLNESS DIET, IT PUT MORE EMPHASIS INTO TOTAL BODY HEALTH PLUS IT PROMISES A 15-30LB WEIGHT LOSS WITHIN 6-12 MONTHS. THE COUNTLESS BENEFITS ALSO INCLUDE IMPROVED: ENERGY, SELF-ESTEEM, ARTHRITIS, BLOOD PRESSURE, CHOLESTEROL, SLEEP, AND TRIGLYCERIDE AND GLUCOSE LEVELS. ALSO ASSOCIATED WITH THIS TYPE OF DIET IS A REDUCED RISK OF: CANCER, DIABETES, HEART DISEASE. ENJOY THE SCRUMPTIOUS RECIPES WHICH ARE: EASY & QUICK CHOCK-FULL OF NUTRIENTS MEAT SUBSTITUTE RECIPES REQUIRE FEWER INGREDIENTS CALORIE COUNT FOR EACH RECIPES

SKINNYTASTE COOKBOOK GINA HOMOLKA 2015-05-07 TOO OFTEN WHEN DIETING OR TRYING TO CUT BACK, DINNER TIMES LEAVE YOU FEELING HUNGRIER THAN BEFORE: THE PORTIONS TOO SMALL, THE FOOD TOO BLAND AND BORING. GINA HOLMOLKA’S SKINNYTASTE COOKBOOK OFFERS THE PERFECT SOLUTION – 150 FLAVOUR-FULL, SKINNIFIED VERSIONS OF FAMILY FAVOURITES AND HEARTY YET HEALTHY DISHES TO SUIT EVERY PREFERENCE.
SUNSET ITALIAN COOK BOOK JERRY ANNE DIVECCHIO 1981
THE HOME CREAMERY KATHY FARRELL-KINGSLEY 2012-08-11 DISCOVER HOW EASY IT IS TO MAKE FRESH DAIRY PRODUCTS AT HOME! YOU DON’T NEED A COMMERCIAL KITCHEN OR SPECIALTY INGREDIENTS TO WHIP UP YOUR OWN CHEESES, YOGURTS, AND SPREADS. WITH SIMPLE STEP-BY-STEP INSTRUCTIONS THAT DON’T REQUIRE COMPLICATED AGING TECHNIQUES, YOU CAN ADD A WONDERFUL RANGE OF TART, SWEET, AND NUTTY FLAVORS TO YOUR COOKING. FROM FRESH BUTTERMILK FOR MOUTHWATERING PANCAKES TO CREAMY MOZZARELLA IN A REFRESHING CAPRESE SALAD, YOU’LL SOON ENJOY THE FRESH FLAVORS OF YOUR HOMEMADE DAIRY CREATIONS.
THE RUNNER’S COOKBOOK ANITA BEAN 2018-03-06 OVER 100 DELICIOUS MEAL IDEAS FROM BESTSELLING NUTRITIONIST ANITA BEAN, PACKED WITH HEALTHY FOODS AND NUTRITION ADVICE TO FUEL YOUR RUNNING.
DAMN DELICIOUS RHEE, CHUNGAH 2016-09-06 THE DEBUT COOKBOOK BY THE CREATOR OF THE WILDLY POPULAR BLOG DAMN DELICIOUS PROVES THAT QUICK AND EASY DOESN’T HAVE TO MEAN BORING. BLOGGER CHUNGAH RHEE HAS ATTRACTED MILLIONS OF DEVOTED FANS WITH RECIPES THAT ARE UNDENIABLE ‘KEEPERS’—EACH ONE SO SIMPLE, SO EASY, AND SO FLAVOR-PACKED, THAT YOU

REACH FOR THEM BUSY NIGHT AFTER BUSY NIGHT. IN DAMN DELICIOUS, SHE SHARES EXCLUSIVE NEW RECIPES AS WELL AS HER MOST BELOVED DISHES, ALL DESIGNED TO BRING FUN AND EXCITEMENT INTO EVERYDAY COOKING. FROM FIVE-INGREDIENT MINI DEEP DISH PIZZAS TO NO-FUSS SHEET PAN STEAK & VEGGIES AND 20-MINUTE SPAGHETTI CARBONARA, THE RECIPES WILL HELP EVEN THE MOST INEXPERIENCED COOKS SPEND LESS TIME IN THE KITCHEN AND MORE TIME AROUND THE TABLE. PACKED WITH QUICKIE BREAKFASTS, 30-MINUTE SKILLET SPRINTS, AND SPEEDY TAKEOUT COPYCATS, THIS COOKBOOK IS GUARANTEED TO INSPIRE READERS TO WHIP UP FAST, HEALTHY, HOMEMADE MEALS THAT ARE TRULY ‘DAMN DELICIOUS!’
THE 52 NEW FOODS CHALLENGE JENNIFER TYLER LEE 2014-11-04 IACP COOKBOOK AWARD NOMINEE • SALVATION FOR EVERY BUSY PARENT WHO LONGS TO MAKE MEALTIMES RELAXING, FUN—AND HEALTHY, FROM THE CREATOR OF CRUNCH A COLOR👉 Like many parents, Jennifer Tyler Lee struggled to get her kids to eat healthy, balanced meals. The answer, she discovered, was making it a game. “We’ll try one new food each week,” she told her kids. “You pick!” She called it the 52 New Foods Challenge. In this week-by-week guide, Lee gives parents practical tips to dramatically change the way their families eat. Her helpful advice and the simple rules that her family followed will show parents how to start eating healthy every week of the year. Each week offers a healthy new food to try, from artichokes to zucchini, and includes easy recipes and fun activities to work on as a family—from learning to cook together to enjoying the farmers’ market to even experimenting with growing your own food. With more than 150 simple, healthy recipes and advice from nationally acclaimed nutrition experts, The 52 New Foods Challenge shows parents how to enjoy mealtimes, plant the seeds of change at their family table, and easily incorporate healthy habits every day of the year. Guaranteed to inspire a child’s creativity and confidence in the kitchen and beyond, The 52 New Foods Challenge is the perfect companion for any busy parent who wants to stop stressing over mealtime and find a creative, playful solution to make this family ritual relaxing and fun.

ONE PAN, TWO PLATES: VEGETARIAN SUPPERS CARLA SNYDER 2016-08-23 MORE AND MORE PEOPLE ARE MAKING THE SHIFT TO A VEGETABLE-CENTRIC DIET. YET, IN A TWO-PERSON HOUSEHOLD IT CAN BE CHALLENGING TO FIND QUICK, EASY, AND SATISFYING RECIPES TO COOK UP AT THE END OF A BUSY WORKDAY (ESPECIALLY WITHOUT LEFTOVERS). THIS FOLLOW-UP TO THE SUCCESSFUL ONE PAN, TWO PLATES PROVIDES 70 PERFECTLY SIZED VEGETARIAN ENTR👉 es—think BUTTERNUT RISOTTO, GNOCCHI WITH WILD MUSHROOMS AND EDAMAME, AND EGGPLANT ROLLATINI—all requiring only one pan and one hour or less to prepare. With beverage pairings for each recipe and an “EXTRA HUNGRY?” FEATURE FOR HEARTIER APPETITES, EACH DISH IS ONE THAT HOME COOKS WILL MAKE AGAIN AND AGAIN.

MEDITERRANEAN HARVEST MARTHA ROSE SHULMAN 2010-06-08 INTENSELY FLAVORFUL AND INHERENTLY HEALTHY, MEDITERRANEAN FOOD IS ONE OF THE WORLD’S MOST APPEALING CUISINES. MEDITERRANEAN COOKS KNOW HOW TO MAKE EATING A PLEASURE. THEY DO IT SIMPLY—WITH OLIVE OIL AND GARLIC; WITH HERBS AND SPICES; WITH TOMATOES AND EGGPLANTS, PEPPERS AND SQUASH, FIGS AND PEACHES, AND OTHER SEASONAL PRODUCE. AND OF COURSE THERE IS CRUSTY BREAD AND LOCAL CHEESE, THE FRESHEST YOGURT AND ENDLESS WINE. IN THIS AUTHORITATIVE AND ANECDOTAL COOKBOOK, AWARD-WINNING AUTHOR MARTHA ROSE SHULMAN CAPTURES THE VIBRANT FLAVORS OF THE MEDITERRANEAN REGION IN MORE THAN 500 DELICIOUS VEGETARIAN DISHES THAT WILL APPEAL TO EVERYONE. THE BOOK REPRESENTS YEARS OF METICULOUS RESEARCH GLEANED FROM SHULMAN’S TRAVELS THROUGH FRANCE, SPAIN, ITALY, THE BALKANS, GREECE, TURKEY, NORTH AFRICA, AND THE MIDDLE EAST. SHE PRESENTS AUTHENTIC CONTEMPORARY VARIATIONS AS WELL. YOU’LL DINE WITH HER IN GREEK OLIVE GROVES, FEAST ON RECIPES HANDED DOWN FROM MOTHER TO DAUGHTER FOR GENERATIONS, AND SHE OFFERS HER OWN TOMATOES AND FRESH SARDINES IN CROATIA, SAVOR COFFEE GELATO IN THE STREETS OF BOLOGNA. AT EVERY TURN IN THE ROAD THERE IS A NEW CULINARY REWARD. WHETHER YOU ARE A VEGETARIAN OR A DEDICATED MEAT EATER, SHULMAN’S RECIPES ARE SUBSTANTIAL ENOUGH TO SATISFY ANY APPETITE. INCLUDED ARE SUCH TEMPTING CREATIONS AS MAJORCAN BREAD AND VEGETABLE SOUP, PROVENC👉 al CHICK PEA SALAD, PASTA WITH LIGURIAN ARTICHOKE SAUCE, GREEK CAULIFLOWER GRATIN WITH FETA AND OLIVES, BALKAN-STYLE MOUSSAKA, NORTH AFRICAN CARROT “COMPOTE,” AND SWEET DESSERT COUSCOUS WITH CITRUS AND POMEGRANATE. THERE IS ALSO AN ENTIRE CHAPTER DEVOTED TO THE RENOWNED “LITTLE FOODS” OF THE MEDITERRANEAN: TAPAS FROM SPAIN, ANTI PASTI AND MERENDE FROM ITALY; MEZE FROM THE EASTERN AND SOUTHERN MEDITERRANEAN, AND MORE. IN ADDITION, THE BOOK FEATURES A GLOSSARY OF USEFUL COOKWARE AND INDISPENSABLE PANTRY STAPLES AND THE BEST ONLINE SOURCES FOR HARD-TO-FIND INGREDIENTS. AS MARTHA ROSE SHULMAN HERSELF SAYS, “MEDITERRANEAN FOOD ENTHRALLS ME.” READERS OF MEDITERRANEAN HARVEST WILL BE ENTHRALLED AS WELL.

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