

Salads Simple Fast And Fresh Australian Womens Weekly Home Library

Great tasting recipes the entire family will enjoy. That's what Diabetic Cooking is all about. No more cooking separate meals at dinnertime -- one meal suits all, diabetic and non-diabetic alike. Diabetic Cooking means variety with ease of preparation. Choose from more than 150 quick and easy recipes that make use of common, affordable ingredients. Toss a salad, bake a casserole, or whip up a dessert -- all using ingredients from your cupboard. Whether for weekday meals or special occasions, these recipes will help to make meal planning and preparation a cinch. Diabetic Cooking means great taste. Specially developed and tested with input from people with diabetes and their families, these all new recipes are low in fat, low in sugar -- and high in flavor! Turn to Diabetic Cooking for healthy and delicious eating everyone will enjoy. Book jacket.

Gatherings are full of all the things we love...getting together with family & friends, sharing conversation and laughter, and eating delicious food. Whether you're celebrating a birthday or anniversary, hosting the kids' friends for a slumber party, or getting a few people together for a casual game night or backyard movie night, Quick & Easy Recipes for Gatherings will help you make it memorable. Fill the appetizer table with creamy dips and spreads, crunchy snack mixes, spicy chicken wings and savory sausages...there's something for everyone! Or make family night special, sharing a yummy dip with chips while watching sports on television. For heartier appetites, platters of sliders or sandwich loaves, cheesy nachos and saucy ribs are just the ticket. Cook up a big pot of chowder or bake a comfort-food casserole, and round out the menu with a big veggie-packed salad. Dessert is really the star of the show...a sheet pan chocolate cake or sweet fruit tart will feed a crowd. You can plan a whole party menu with the recipes in this book, jazz up your tried & true favorites with one or two new-to-you treats, or even cook up a fun weeknight meal for the family. They're all so easy, you'll spend less time in the kitchen! You'll also find helpful entertaining tips to make planning a breeze. So start making your guest list...every day's a party when we gather together!

Contains new recipes and old favorites from the "Better Homes and Garden Cookbook" with nutritional information and cooking tips and secrets.

Over one-hundred easy yet amazing time- and cost-efficient recipes for chefs who don't have access to much of a kitchen—or know their way around one. Think outside of the (mac & cheese) box! Eating on a budget and with no time to cook doesn't mean one can't eat well. With this collection of quick and easy recipes, college students and other time-challenged, budget-conscious cooks can easily prepare low-cost, fresh-tasting dishes—whether they have access to a kitchen or are limited to the dorm kitchenette. Step-by-step, no-fail, fresh and delicious recipes include make-ahead tips, shopping lists, and cooking time for easy reference. Also features lots of simple tips for stretching easy preparations to many meals, as well as beautiful, full-color photos and lots of fun graphics to offer inspiration.

Do you want to cook healthy and delicious meals for your loved ones and family but without the skills of a veteran chef or great cook? Do you wish to eat healthy but not compromising taste and varieties of food? Do you want to cook sumptuous dinner and impress your spouse or family and friends without having the time to learn how to cook nor the money to attend expensive cooking classes? Do you spend long hours and efforts in kitchen but yet end up with tasteless and disappointing dishes? Do you want to cook everything fast but don't have the time and patience to follow famous cookbooks long and complex instructions and guidance? Easy Cook. Simple Cook. Fast Cook has made cooking easy, fast and simple for everyone! It will give you the step by step guide and cooking tips to make easy, simple and fast yet delicious and sumptuous meal with minimum cost and time required.

Tired of calorie counting? And are you tired of constantly fighting yourself, starving yourself, denying yourself? NOW Includes 73 Savory Fat Burning Recipes There is a better way of getting rid of that unsightly belly fat - easily, simply, and without starving yourself. In his latest work, established author Robert M. Fleischer easily kills the myths surrounding the Atkins diet in general, and abdominal fat in particular. The Atkins diet is based on proven age-old medical science, and completely safe and effective when used correctly. This simple guide will show you exactly what to do and what not to do to easily and almost effortlessly achieve lifelong results. Sounds too good to be true? Well, that's ok. By the time you're done reading this book you'll realise that it is indeed very simple to get the results you're after - all you need is the right information. Read this guide to discover: How to break through the weight loss "ceiling" Why you can eat a big breakfast, and still end up hungry after two hours - and what you can do to forever put an end to this How to train the body to burn fat instead of carbs Why belly fat is THE most dangerous type of fat on the body, and how it can kill you - yes, kill you The link between stress and belly fat The link between Type 2 diabetes and abdominal fat The inner game of losing belly fat What went wrong with the "first" Atkins diet, and how to easily avoid this mistake The 21-day plan to becoming a fat burning machine Think back to the last time you felt good about your weight. What did that feel like? What did that look like? You can absolutely have that again.

Incredibly easy Instant Pot and air fryer recipes from the best-selling author of Instant Loss

Fun, flavour-packed 'al-desko' ideas for every working day! Invest in a lunchbox you love and fill it with these amazing recipes. They are packed with flavour and nourishment to keep you happy and your stomach content. Food-loving Naomi and Anna are trained chefs and have poured their lunchmaking-wisdom into this handy book, ensuring their recipes take no more than 30 minutes to make, transport well and will last up to 2 days in tupperware. Recipes are suitable for vegetarians, vegans and meat-lovers. And there are loads of tips to help you customize recipes to your heart's delight.

With scientific research, her own chemistry background, and the traditional diets of our not-so-distant ancestors as her guide, Dee McCaffrey casts new light on an age-old wisdom: Eating foods in their closest-to-natural form is the true path to sustained weight loss and, in fact, the remedy for almost any health problem. We are so far removed from foods in their natural state that we now call them "health foods", a sad admission that we've compromised our health for the sake of convenience. The Science of Skinny aims to create a space for change -- to educate and enlighten readers on the value of proper nutrition so that they can find a healthier and more life-affirming relationship with their bodies and the food they eat. Offering serial dieters a healthy and lifelong way to shed pounds -- and keep them off -- The Science of Skinny includes: kick-start plans; guidelines for family- and kid-friendly meals; quick and delicious menus and more than 50 recipes; shopping lists and eating-on-the-go tips; easy fitness routines; and more.

The ultimate game plan for complete one-dish vegetarian suppers—for anyone aspiring to eat a more plant-based diet. Discover the pro-veggie, pro-flavor way to prepare fresh, healthy, high-quality plant-based dinners. In Simple Green Suppers, Susie Middleton demonstrates how to prepare seasonal vegetables in satisfying, filling suppers by pairing them with staple ingredients: noodles, grains, beans, greens, toast, tortillas, eggs, and broth. How you cook your veggies and how you combine them with other satisfying whole foods is the secret to delicious results. With 125 recipes for flavorful and veggie-forward dishes, tips on keeping a flexible and well-stocked pantry, and make-ahead and streamlining strategies, Simple Green Suppers is an essential resource that will make cooking delicious, easy vegetarian meals possible every night.

Nationally known Nutritionist and weight loss expert Jonny Bowden and whole foods cook Jeannette Bessinger show time-pressed readers how to create the healthiest meals on earth in only 15 minutes. The authors create healthy and delicious recipes for breakfast, lunch, dinner, and snacking using whole foods, kitchen shortcuts, and prepackaged foods, such as pre-chopped

fresh and frozen fruits and vegetables. The book features 25 little or no-cook recipes; 75 15-minute recipes; 25 entrees that require 15 minutes of prep, plus cooking time; and 25 tasty, innovative, and quick snacks—many of which can serve as mini-meals in a pinch. The authors, who don't use processed foods, offer help in stocking a 15-minute pantry, freezing and batching foods, and making versatile marinades and sauces. Recipes include Pumpkin Pancakes with Whipped Ricotta, Quickie Quesadillas, Perfect One-Minute Omelets, Shaved Black Jack Steak Salad, and Quickest Black Bean Soup.

Includes two bonus chapters of recipes, menus, party and decorating ideas, and shortcut treats Bonus Chapter No. 1: Holiday Menus Menus for Thanksgiving to Christmas and the Super Bowl including holiday brunches, appetizer parties, dessert parties, and simple dinners for busy families Additional recipes new to this edition Make-ahead information and time tables for all menus so more time is spent with guests, not in the kitchen Fun and simple tabletop decorating ideas to dress up holiday tables Tips to make holidays easier and more fun Bonus Chapter No. 2: Shortcut Treats Simple cookies and candies (using a mix or just a few ingredients stirred together) Food gifts that include easy packaging ideas How to organize a cookie exchange Simple decorating ideas to dress up packaged cookies

Great-tasting, guilt-free favorites-in a flash! Every recipe 30-minutes, 10-ingredients, and 3 easy steps -- or less! From creamy No-Bake Cherry-Topped Cheesecake to Cheesy Bacon Chicken, Deep-Dish Skillet Pizza, and 2-Minute Chocolate "Cup" Cakes for One, every speedy crave-worthy recipe in this book is low in sugar, fat, and calories-but you would NEVER know by tasting them! In Eat What You Love: Quick & Easy, New York Times bestselling author Marlene Koch proves once again why she's called "a Magician in the Kitchen!" Readers rave about Marlene's amazing recipes, and in her quickest, easiest collection of recipes ever, she makes eating what you love a snap with flavor-packed favorites like: * Crispy Teriyaki Fried Chicken - 10 minutes prep and only 205 calories * Quick-Fix Quesadilla Burgers - 320 calories instead of the usual 1,420! * 15-Minute Coconut Cream Candy Bar Pie - 190 calories and 70% less sugar With more than 180 super-satisfying family-friendly recipes for every meal of the day-this cookbook is perfect for everyone, and every diet! Plus: Nutritional information for every recipe with diabetic exchanges, carb choices, and Weight Watcher point comparisons. (Note: Current up-to-date downloadable Weight Watcher points addendums for all Eat What You Love books can be found on the MarleneKoch website.)

Presents a collection of more than one hundred recipes for appetizers, snacks, entrees, and side dishes using a variety of vegetables.

When thinking of healthy eating, we tend to think of quick-fix diets that can help one shed several pounds in a short space of time. Unfortunately, a lot of these diets are highly restrictive in terms of ingredients and nutrients. That makes them unappealing and difficult to sustain for most. What if you want to maintain a healthy weight and fitness in the long-term without compromising on your enjoyment of food? In this book, food blogger Luna Regina and nutritionist Kelli McGrane share their approach to healthy eating, and introduce a collection of 45 wholesome and delicious recipes that are designed for health-conscious individuals. Every recipe within is tested by a chef and audited by a Registered Dietitian Nutritionist, so you can always have a balanced combination of micro and macro nutrients, plus a scrumptious meal on your plate to enjoy!

More than 5,000 brilliant tips on buying, storing and preparing food; boosting flavor; cooking healthfully; saving time; rescuing failed recipes; and much more.

If you're looking for healthy, balanced vegan recipes that are easy to follow you have come to the right place! "Vegan Salads" recipe book is just perfect for busy people who are looking for delicious and nutritious recipes that can be quickly put together. Written by a passionate Vegan Wellness author, Karen Greenvang, this book is a collection of her best plant-based recipes that are beginner friendly and use easy to find ingredients. No fancy kitchen equipment is needed. Here's exactly what you will find inside: -58 sexy vegan salad recipes (including both raw and slightly cooked, healing combinations of veggies, fruits, herbs as well as therapeutic spices; the recipes are rich in natural protein, gluten-free and fully vegan) -10 bonus recipes including mouth-watering fruit and veggie smoothies that can also be turned into soups and salad dressings -motivation and inspiration to follow through and enjoy your Vegan Health journey! Vegan Salad recipe book will help you: -add more healing nutrients & natural plant-based protein to your diet -eat healthy on a busy schedule (most recipes take less than 10 minutes to make) -enjoy more energy -have healthy looking skin -improve your digestion -create healthy balanced vegan meals on a budget + (if desired) stimulate natural weight loss without going hungry or feeling deprived. Order your copy today and discover how much taste and variety you can enjoy with Vegan Salads!

50 core meatless recipes as well as advice for how to fill your pantry with seasonal ingredients.

Innovative, delicious recipes from a Maine caterer, these salads go way beyond vegetables and way beyond being mere side dishes! Simonds shows us how to think of salads as the feature of a meal. She also includes recipes for delicious dressings and garnishes, and an appendix lists sources for many of the ingredients.

My new cookbook is full of recipes for stuff that is quite simply delicious, and that I cook for my family and friends. It's a wee bit different from my first book in that the dishes are fresher, lighter, healthier...

Well, that was the idea. I then suggested all those naughty, over-the-top dishes that I also love. These had to go into a sealed section because, like a Bangkok nightclub act, they are just a little too full-on for the delicate stomachs of some, and for the good of your health. That section is sealed for your own safety. Please resist opening it if you are a helpless slave to your passions. In short, this book is like me. It starts out with REALLY GOOD intentions for a while until it is overwhelmed by temptation and then, quite frankly, once self-control is gone it turns into a bit of an orgiastic free-for-all. Good times! Welcome to the Pleasure Dome, my friends, please grab a fork. Matt Preston This is a specially formatted fixed layout ebook that retains the look and feel of the print book.

Do you want to learn how to make and enjoy the finest and most delicious healthful recipes imaginable? Would you like to lose weight and gain fitness and vitality? If so, then this extraordinary recipe book is for you! It will introduce you to the surefire secrets of how to make irresistible, nutrient-rich meals; trim excess pounds; and promote a life of vitality, happiness, and renewed self-esteem. In this book, renowned health expert Susan Smith Jones shows you how to make the appropriate food and lifestyle choices to reduce your risks of premature aging, arthritis, diabetes, heart disease, obesity, mental dysfunction, and some common forms of cancer. You'll enjoy fast, easy-to-prepare meals and snacks that are as delicious as they are nutritious, all made with familiar, easy-to-find ingredients. In this book, you'll learn to make and enjoy over 250 scrumptious, natural-food recipes, lose weight the easy, natural way, know which SuperFoods heal your body, look and feel ten years younger in 30 days, discover the world's seven best stress-busters, and rejuvenate your self-esteem and confidence.

Whether you're adopting a plant-based diet or planning a meatless Monday meal, try one of these 200 amazingly simple—and tasty—vegetarian recipes. The health benefits of vegetarianism are well known, but, to many, the art of easily preparing great vegetarian food remains a mystery. With her public television cooking show, Totally Vegetarian, now in its fourth season, Toni Fiore has rapidly become one of

America's most trusted guides to fast and flavorful vegetarian meals. In *Totally Vegetarian*, Fiore presents 200 recipes that emphasize familiar and readily available ingredients. She is particularly gifted at formulating great-tasting adaptations of popular classics—dishes like tempeh fajitas, veggie potstickers, eggplant “meatballs,” polenta con funghi porcini, potato sage pizza, easy spicy tofu rollup—that can be prepared in as few as five minutes. Whether you're cooking for a vegan or a flexitarian, everyone aspiring to eat less meat will savor this totally vegetarian food. “The warmth and familiarity Toni Fiore radiates on the *Totally Vegetarian* cooking show shine through in her simple and inviting recipes, bursting with fresh flavor and nutritional goodness. Busy home cooks will also welcome their easy preparation and quick execution.” —Donna Klein, author of *The Chinese Vegan Kitchen* “Fiore's reassuring voice makes even the (somewhat) complicated dishes seem doable; lots of variety in the ingredients and flavors make the book a handy resource for vegetarians in need of daily ideas.” —Publishers Weekly “Readers familiar with Robin Robertson (*Vegan Fire & Spice*) and Isa Chandra Moskowitz (coauthor, *Veganomicon*) will find a similar blend of diversity and ingenuity in Fiore's work, as most of her recipes are vegan or allow for vegan adaptations.” —Library Journal

Soccer practice, student council meetings, dance rehearsals, and more — with so much happening in your family's busy life, it's often hard to wedge in a home-cooked meal. Offering recipes for dozens of wholesome portable breakfasts, after-school snacks, and easy-to-make dinners, Kathleen Cannata Hanna shows you how to make healthy food for your entire family quickly and economically. With more than 300 dishes that can be made in under 30 minutes, you'll have plenty of tasty options. Eat well, no matter how hectic a schedule you keep.

One of the best-selling cookbooks of all time, updated for a new generation of home cooks. Few books have stood the test of time like the *Betty Crocker Cookbook*; none have kept up as well with the times and how people cook today. Classic meets contemporary in the 12th edition, with 1,500 recipes, all from scratch, over one-third new, and more than 1,000 photos. This one-stop resource bursts with kitchen information and guidance as only *Betty Crocker* can deliver. Learn to make a lattice crust, master a braise, can pickles, and even debone a fish via hundreds of how-to photos. Discover new ingredients organized by region, such as Middle Eastern or Indian, in vibrant ID photos. New and expanded chapters on one-dish meals, beverages, DIY foods, whole grains, and vegetarian cooking reflect what today's budding cooks want to eat, as do recipes such as Baba Ganoush, Short Rib Ragu, Pho, Korean Fried Chicken, Cold-Brew Iced Coffee, Cauliflower Steaks, Smoked Beef Brisket, Quinoa Thumbprint Cookies, and Doughnuts. And complete nutrition is included with every recipe.

75 Healthy Recipes to Spice Up Your Kitchen Dozens of recipes that prove gluten-free doesn't mean taste-free. Just because you've gone gluten-free doesn't mean you have to stop eating the foods you love! Not even bread, pasta, and dessert. The *Badass Gluten-Free Cookbook* makes it easy to enjoy all the benefits of a gluten-free diet while indulging in home-cooked meals that are as delicious as they are easy to make. The *Badass Gluten-Free Cookbook* features a wide variety of wholesome and tempting recipes that will satisfy both your passion for good food and your gluten-free lifestyle: Mesquite flour savory breakfast muffins Grilled Panini with buffalo mozzarella, roasted red peppers, and sundried tomatoes Homemade ravioli with yam filling and sage butter Ahi tuna kebabs over buckwheat noodles with miso sauce Crusted chicken with fire-roasted tomato sauce Pear and cranberry crisp Chocolate biscotti with chipotle spice And many more! This book also includes a helpful guide to stocking your kitchen with gluten-free staples and substitutes, and sumptuous full-color photographs that will inspire your inner chef. The *Badass Gluten-Free Cookbook* is a no-nonsense guide to cooking great, healthy food for your badass, gluten-free life. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a *New York Times* bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

Number One Sunday Times Best Seller. The nation's favourite TV chef and cookery author Lorraine Pascale returns with 100 brand new mouth-watering recipes that are wonderfully quick and easy to make and bursting with fresh ingredients

America's most trusted cookbook is better than ever! Representing its most thorough revision ever, the *Betty Crocker Cookbook*, 11th Edition includes hundreds of new recipes, three new chapters, and icons that showcase how we cook today—faster, healthier, and with many more flavors. New features celebrate the book's expertise and heritage with repertoire-building recipe lessons and fresh twists on American classics. With nearly 1,100 gorgeous new photos and 1,500 recipes, as well as invaluable cooking guidance, *The Big Red Cookbook* is better and more comprehensive than ever before. The book features: Exclusive content at BettyCrocker.com for Big Red buyers, including 80 videos, 400 additional recipes, and more to complement and enhance the cookbook 1,500 recipes, 50 percent new to this edition Nearly 1,100 all-new full-color photos—more than three times the number in the previous edition—including 350 step-by-step photos Bold, contemporary, and colorful design Three new chapters on Breakfast and Brunch, Do It Yourself (including canning, preserving and pickling) and Entertaining (including cocktails and party treats) New feature: Learn to Make recipes giving visual lessons on preparing essential dishes like Roast Turkey and Apple Pie, with icons directing readers to bonus videos on BettyCrocker.com New feature: Heirloom Recipe and New Twist showcase classic recipes paired with a fresh twist, with icons directing readers to bonus videos on BettyCrocker.com "Mini" recipes giving quick bursts of inspiration in short paragraph form With 65 million copies sold and still going strong, the *Betty Crocker Cookbook*, 11th Edition is the one kitchen companion every home cook needs.

The bestselling cookbook from the gourmands at *Chatelaine*, now in paperback From *Chatelaine's* test kitchen to yours comes a cookbook for the way we cook today. Packed with 250 delicious, easy-to-make recipes from Canada's leading women's magazine, *Chatelaine's Modern Classics* is filled with tried and tested recipes for your favourite dishes. From the salty crunch of Pistachio Crusted Salmon to the sweet decadence of Cheesecake Brownies, this book has a recipe for every night and every occasion. Lavishly illustrated, and including everything you need to cook for any event, from a mid-week family supper to a Saturday dinner party for ten, *Modern Classics* offers simple, elegant solutions each and every time, making it the only cookbook you need. Starting with brunch all the way through to dessert, each recipe has been tested and tasted until it's just right, so you can rely on it to work in your own kitchen every time, on time Includes money-saving shopping tips, time-saving menu plans, delicious drink idea, and much more More than just a cookbook, *Modern Classics* features important health and cooking advice for busy Canadian women From the trusted experts at *Chatelaine* comes a gorgeous compendium of scrumptious recipes you'll find yourself turning to time and time again.

A steaming bowl of soup with fresh bread and a green salad, a tempting combo plate of crisp, complementary salads--these Daily Specials have been staples of *Moosewood's* ever-changing

menu board since the restaurant opened its doors more than twenty-five years ago. Over the years the creative chefs of the Moosewood Collective have introduced literally thousands of new soups and as many salads, all devised to showcase the fresh seasonal produce, vibrant ethnic flavors, and meatless food products that form the core of their cuisine. Now, for the first time, they have gathered the very best offerings from their vast soup and salad repertoire, as well as the ingenious extras that transform these simple dishes into world-class meals. Here are classics like Very Creamy Vegetable Chowder and Tuscan Bean Soup, as well as intriguing new creations like Caribbean Sweet Potato Coconut Soup, Golden Gazpacho, and Fennel Vichyssoise. Salads range from straightforward choices that are easy to mix and match, such as Spinach with Cilantro Cashew Dressing, Mexican Chickpea Salad, or Tunisian Carrot Salad, to satisfying one-dish meals like Broiled Tofu & Sugar Snap Peas or Persian Rice & Pistachio Salad. Each recipe is followed by helpful suggestions for selecting dishes so that creating well-balanced combo plates at home is a snap. There are easy-to-use indexes of recipes by categories including children's favorites, quickly made, low-fat, low-carbohydrate, and vegan dishes. And each recipe has a complete nutritional breakdown, so it's simple to create menus for those with special health or dietary concerns. The section on transforming leftovers into sprightly new dishes also makes Moosewood Restaurant Daily Special a practical primer for those who want to make the most of seasonal bounty. Few foods are more comforting--or satisfying--than a good soup and a well-made salad, and because many can be made ahead and served on demand, they are perfectly suited to the way we eat and live today. With more than 275 kitchen-tested recipes to fit any occasion, Moosewood Restaurant Daily Special offers years' worth of inspiration for Daily Specials every cook will be delighted to serve. Moosewood Inc. and the authors of this book have donated 1 percent of their royalties from Moosewood Restaurant Daily Special to the community food and nutrition programs of the Greater Ithaca Activities Center (G.I.A.C.) in Ithaca, New York.

This new revised edition of the trusted guide to vegetarian family cooking is better than ever with recipes for quick, healthy, tasty, kid-tested meals—many of them totally new for this edition. The vegan information has been expanded, too, with plenty of helpful tips on incorporating vegan choices into a diet. This is one recipe book that belongs in every earth-friendly kitchen. This work goes right back to the basics, taking the reader step-by-step through recipes and methods that should quickly build a wide range of cooking skills. The colour photographs show a great number of the finished dishes.

Over 500 mouth watering recipes designed to keep you and your family satisfied and enthusiastic.

A special new edition of the best-selling cookbook features a special heart-healthy section that reveals how to cut bad fats and cholesterol in meals, reduce stress, maintain healthy weight, quit smoking, and control heart disease risk factors, along with more than one thousand classic and contemporary recipes, nutritional breakdowns, how-to guidelines, cooking tips, and hints for menu planning and entertaining.

Features more than one thousand kitchen-tested recipes, menu suggestions, nutrition facts, and cooking tips with a special section on healthful recipes and up-to-date breast health and breast cancer information.

To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

Fast, Fresh and Unbelievably DeliciousPlum

Steamy Kitchen creator Jaden Hair, top Asian cooking blogger, gives a healthy and truly inspired overhaul to more than 120 classic Asian recipes, making them accessible and easy for home cooks. As the creator of the beloved blog Steamy Kitchen, Jaden Hair knows how to make Asian food accessible—and exciting—to home cooks. Now, with humor and a can-do attitude, Jaden presents this collection of her quick and flavorful recipes for healthy Asian dishes, most of which are naturally gluten-free and light on meat. With her infectious passion for cooking, Jaden teaches you how to shop for the best Asian ingredients, stock your pantry to streamline weeknight meals, and master delicious Asian cooking at home. Featuring good-enough-to-eat photography shot by Jaden herself, this book speaks to a new wave of healthy eaters without sacrificing flavor, ease, and fun. Jaden makes Asian foods seem approachable, not intimidating, and also offers new material for experienced Asian cooks looking to expand their repertoires. Doing away with gloppy sauces, oily stir-fries, and high calorie counts, these vibrant and unquestionably unique dishes are inspired makeovers of authentic dishes from China, Indonesia, Japan, Korea, Thailand, and Vietnam. Recipes such as Chicken-Mango Lettuce Cups, Seafood Curry Noodle Soup, Vietnamese Summer Rolls with Grilled Tofu, Korean Tacos My Way, and a Thai-inspired Peach and Basil Smoothie are perfectly suited for everything from casual dinners to impromptu parties and gatherings. Jaden's conversational style will make you feel as if you have a knowledgeable friend in the kitchen, guiding you through the process. With Jaden on your side, you can learn to cook fast, fresh, tasty Asian dishes that family and friends—from seasoned foodies to picky kids—will enjoy and request time and time again! Features more than one thousand kitchen-tested recipes, menu suggestions, nutrition facts, recipes for crockery cookers, and cooking tips.

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