

Quinoa Chickpea Burgers With Zaatar Spice And Creamy Tahini Sauce

Yeah, reviewing a books quinoa chickpea burgers with zaatar spice and creamy tahini sauce could add your close friends listings. This is just one of the solutions for you to be successful. As understood, expertise does not suggest that you have wonderful points.

Comprehending as with ease as deal even more than additional will have enough money each success. neighboring to, the notice as skillfully as sharpness of this quinoa chickpea burgers with zaatar spice and creamy tahini sauce can be taken as capably as picked to act.

Two Moms in the Raw

Two Moms in the Raw Shari Koolik Leidich 2015 Raw, cooked, and gluten-free meals from the founder of the national award-winning healthy-snack company Two Moms in the Raw Within just a few days, Shari Leidich, a mother of three, went from working out daily and hiking in the nearby Rocky Mountains to being barely able to hold a pen. The diagnosis: MS. Gradually, thanks to a diet rich in raw foods, she returned to her former energetic self. For the long term, though, she knew she had to create meals that she would find satisfying and that her husband and three children would love as well. And they had to be quick and easy. Many of the 130-plus dishes,like Brunchy Poached Eggs on Spinach with Roasted Red Pepper Sauce, or Plum and Tatsoi Salad, are riots of color. Most can be on the table before the kids can even complain they're hungry. Indulgent snacks like Creamy Olive and Artichoke Dip and Butternut-Lemongrass Soup satisfy cravings, and chicken and fish--Single-Skillet Chicken Puttanesca, Chard-Wrapped Mahi-Mahi--come bolstered with plenty of raw produce and grains. Desserts ditch processed sugar in favor of natural sweeteners and power nutrients. The story of a quest for healing,Two Moms in the Raw is a keep-it-real guide to eating well for anyone who wants to get back on track, enjoy greater vitality, reduce stress, and achieve their best health.

Flavors of the Sun Christine Sahadi Whelan 2021-09-05 A comprehensive guide to vibrant Middle Eastern ingredients, with more than 120 recipes that let them shine, from James Beard award winning Sahadi's market in Brooklyn, New York. Sumac. Urfa pepper. Halvah. Pomegranate molasses. Preserved lemons. The seasonings, staples, and spice blends used throughout the Middle East offer deliciously simple ways to transform food--once you know how to use them. In FLAVORS OF THE SUN, the people behind the iconic Brooklyn market Sahadi's showcase the versatility of these ingredients in over 120 everyday dishes, including starters, salads, soups, family-friendly meals, and desserts. With sections devoted to recipes boasting Bright, Savory, Spiced, Nutty, and Sweet accents, it offers inspiration, techniques, and intensely flavorful ways to use everything from Aleppo pepper to za'atar with confidence.

Throughout, "no-recipe recipes" help build up your flavor intuition so you can effortlessly incorporate any of the featured spices, condiments, and preserves into your daily repertoire. 120 RECIPES WITH A PUNCH: From an updated take on nachos and mac and cheese to a spectacular pistachio cheesecake and tahini-enriched brownies, FLAVORS OF THE SUN features dozens of the store's most-requested dishes as well as Sahadi family favorites. Simple yet loaded with flavor, these recipes will inspire you to make these distinctive Middle Eastern ingredients essential components of your pantry. OPTIMUM VERSATILITY: Each section addresses a specific flavor profile and offers a set of essential ingredients for achieving it along with helpful tips on how to use them separately or in combination. Look-and-cook mini recipes provide even more ideas for using distinctive ingredients like tahini, Aleppo pepper, and preserved lemons to give a fresh new spin to everything from salad dressings to cocktails. EXPERT KNOWLEDGE: Family owned, Sahadi's has been a beloved resource since its founding by Abraham Sahadi, an immigrant from Lebanon, more than 100 years ago. Now welcoming a fifth generation into the business, the Sahadi family's authentic imported goods and exhaustive knowledge continue to inspire local chefs and adventurous home cooks to taste and explore the diverse world of Middle Eastern spices and sundries. FOR FANS OF PLENTY: Much like PLENTY, this cookbook dives deep into core ingredients and provides intimate insights into flavorful spice blends like dukkah, berbere, ras el hanout, shawarma spices, and more. Each ingredient profile includes an informative buying guide so you can build your pantry like a pro. Perfect for: home cooks to seasoned chefs; fans of

PLENTY; JERUSALEM; SHUK, and ZAHAV; Sahadi's loyal customers; those interested learning about spices and new ways to use them in everyday dishes **My New Roots** Sarah Britton 2015-03-31 At long last, Sarah Britton, called the "queen bee of the health blogs" by Bon Appétit, reveals 100 gorgeous, all-new plant-based recipes in her debut cookbook, inspired by her wildly popular blog. Every month, half a million readers--vegetarians, vegans, paleo followers, and gluten-free gourmets alike--flock to Sarah's adaptable and accessible recipes that make powerfully healthy ingredients simply irresistible. My New Roots is the ultimate guide to revitalizing one's health and palate, one delicious recipe at a time: no fad diets or gimmicks here. Whether readers are newcomers to natural foods or are already devotees, they will discover how easy it is to eat healthfully and happily when whole foods and plants are at the center of every plate.

Minimalist Baker's Everyday Cooking Dana Shultz 2016-04-26 The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes: • Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare. • Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts--all on the table in a snap • Essential plant-based pantry and equipment tips • Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

The Grilling Book Adam Rapoport 2013-05-14 Features over three hundred fifty recipes for the grill, including rosemary-basted chicken, Yucatán-style pork chops, and corn with hoisin-orange butter.

The Complete Summer Cookbook America's Test Kitchen 2020-04-21 The only cookbook you'll need during the year's warmest months A hot day and hanging over your stove were never meant to be. When fresh produce beckons but you haven't much energy to respond, these recipes help you settle into a more relaxed kind of cooking designed to keep you and your kitchen cool. Untether yourself from the oven with make-ahead meals best served cold (or at room temp), like Poached Salmon with Cucumber and Tomato salad and Tzatziki. Fix-and-forget recipes like North Carolina-Style Pulled Pork made in the electric pressure cooker won't steam up the kitchen. Equally easy are dinner salads; we've got enough to keep them interesting and varied, from Shrimp and White Bean Salad with Garlic Toasts to Grilled Caesar Salad. Barely more effort are fresh summer recipes requiring the briefest stint in a pan, such as Beet and Carrot Noodle Salad with Chicken or Braised Striped Bass with Zucchini and Tomatoes. Ready to take the party outside? You'll find all you need for casual patio meals prepared entirely on the grill (from meat to veggies, even pizza). Throw a fantastic cookout with easy starters, frosty drinks, and picnic must-haves like Picnic Fried Chicken, Classic Potato Salad, and Buttermilk Coleslaw. Visited the farmers' market? Find ideas for main dishes as well as sides inspired by the seasonal bounty, plus the best fruit desserts worth turning on the oven for. To end your meal on a cooler note, turn to a chapter of icebox desserts and no-bake sweets.

Olives, Lemons & Za'atar: The Best Middle Eastern Home Cooking Rawia Bishara 2018-09-13 Tangy lemony tabbouleh, smoky, rich baba ghanouj, beautifully spiced lamb shank...the recipes in Olives, Lemons & Za'atar provide something irresistible for every occasion. These dishes represent the flavours of Rawia's Middle Eastern childhood with recipes copied faithfully from family cookbooks (her mother's most treasured harissa), and then developed with a creative flourish of her own. Her food is deeply personal and so she includes the classics but also the Mediterranean influences that come from summer holidays in Spain and living in Bay Ridge, the old Italian neighbourhood in Brooklyn. The result is a sensational cross-cultural mix and provides you with everything you need - pickles, yogurt, bread, mezze, salads, stews etc - to enjoy the best home cooking and share the most convivial Middle Eastern hospitality.

The Complete One Pot America's Test Kitchen 2020-11-03 The only one-pot cookbook you'll ever need! Simplify dinner and eat well with hundreds of meals that take full advantage of your favorite pans. Today's one-pot recipes are more varied than ever. From sheet-pan suppers to no-boil pastas, these flavorful recipes represent the test kitchen's best strategies for successful single-pan cooking, including staggering cooking times so everything finishes at once and developing an arsenal of no-cook sauces to dress up Instant Pot and slow cooker meals. ATK flips the lid on several one-pot cooking assumptions; first, that it's always slow. More than 130 of the 400+ recipes can be made in 45 minutes or less. Next, that the recipes serve an army: We paid attention to smaller family sizes by adding scaled-down recipes serving two throughout the book. And we made some of the all-time best recipes more flexible with choose-your-own pan options such as Classic Chicken Soup that can be made in a Dutch oven, slow cooker, or pressure cooker. Finally, we realized that decluttering dinner didn't stop with using just one pot but also meant limiting the number of bowls. Skip takeout with Sheet Pan Veggie Pizza. Make date-night Classic Arroz Con Pollo for Two in a saucepan. Cook for a crowd using a roasting-pan for Herbed Lamb Shoulder with Fingerling Potatoes and Asparagus. Set and forget Slow Cooker Spiced Pork Tenderloin with Raisin-Almond Couscous, or get dinner on the table fast using an Instant Pot to make Cod with Warm Tabbouleh Salad.

The Sprouted Kitchen Sara Forte 2012-08-28 Sprouted Kitchen food blogger Sara Forte showcases 100 tempting recipes that take advantage of fresh produce, whole grains, lean proteins, and natural sweeteners--with vivid flavors and seasonal simplicity at the forefront. Sara Forte is a food-loving, wellness-craving veggie enthusiast who relishes sharing a wholesome meal with friends and family. The Sprouted Kitchen features 100 of her most mouthwatering recipes. Richly illustrated by her photographer husband, Hugh Forte, this bright, vivid book celebrates the simple beauty of seasonal foods with original recipes--plus a few favorites from her popular Sprouted Kitchen food blog tossed in for good measure. The collection features tasty snacks on the go like Granola Protein Bars, gluten-free brunch options like Cornmeal Cakes with Cherry Compote, dinner party dishes like Seared Scallops on Black Quinoa with Pomegranate Gastrique, "meaty" vegetarian meals like Beer Bean- and Cotija-Stuffed Poblanos, and sweet treats like Cocoa Hazelnut Cupcakes. From breakfast to dinner, snack time to happy hour, The Sprouted Kitchen will help you sneak a bit of delicious indulgence in among the vegetables.

Dinner Illustrated America's Test Kitchen 2018-04-17 Dinner Illustrated is a meal kit in book form, perfect for busy people who love to cook but are short on time and inspiration. In a revolutionary new layout, each recipe appears as a visual walkthrough of preparing a complete meal, including any sides and salads. Yes, a complete meal, so there's no worrying about whether this will go with that. All in an hour or less. There's no advance prep required: Just gather your ingredients, pick up your knife, and follow the step-by-step photos until dinner is ready. You'll become a faster cook as we show you when to prepare each ingredient during the cooking process for maximum efficiency

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(this is the way many seasoned pros cook at home). Break out of your dinner rut with 175 globally inspired ideas. Try the Za'atar Chicken with Pistachios, Brussels Sprouts, and Pomegranate; it achieves incredible flavor thanks to two popular Mediterranean seasonings. Or Garlicky Spaghetti with Basil and Broiled Tomatoes, a fresh update on aglio e olio, the classic Italian pantry dinner. To make this book even more helpful, we included nutritional information for recipes, and list the gluten-free, vegan, and vegetarian options. So open Dinner Illustrated on any busy weeknight and expand your repertoire of dinner standbys (and pocket the money you'd spend on meal kits or takeout).

The First Mess Cookbook Laura Wright 2017-03-07 The blogger behind the Saverur award-winning blog The First Mess shares her eagerly anticipated debut cookbook, featuring more than 125 beautifully prepared seasonal whole-food recipes. Home cooks head to The First Mess for Laura Wright's simple-to-prepare seasonal vegan recipes but stay for her beautiful photographs and enchanting storytelling. In her debut cookbook, Wright presents a visually stunning collection of heirloom-quality recipes highlighting the beauty of the seasons. Her 125 produce-forward recipes showcase the best each season has to offer and, as a whole, demonstrate that plant-based wellness is both accessible and delicious. Wright grew up working at her family's local food market and vegetable patch in southern Ontario, where fully stocked root cellars in the winter and armfuls of fresh produce in the spring and summer were the norm. After attending culinary school and working for one of Canada's original local food chefs, she launched The First Mess at the urging of her friends in order to share the delicious, no-fuss, healthy, seasonal meals she grew up eating, and she quickly attracted a large, international following. The First Mess Cookbook is filled with more of the exquisitely prepared whole-food recipes and Wright's signature transporting, magical photography. With recipes for every meal of the day, such as Fluffy Whole Grain Pancakes, Romanesco Confetti Salad with Meyer Lemon Dressing, Roasted Eggplant and Olive Bolognese, and desserts such as Earl Grey and Vanilla Bean Tiramisu, The First Mess Cookbook is a must-have for any home cook looking to prepare nourishing plant-based meals with the best the seasons have to offer.

Good Food Eat Well: Vegetarian and Vegan Dishes Good Food Guides 2017-05-04 Whether the rise for the popularity in vegan and vegetarian recipes is moral, financial or just that some people want to eat more plant-based meals, the Good Food team have made sure their recipes are balanced, nutritional and delicious. In Good food Eat Well: Vegan and Vegetarian there are recipes to cover groups of any size and occasion. From big batch cereals and smoothies to help you start the day right to quick meals, snacks and desserts for one alongside relaxed buffet ideas and formal entertaining dishes for a crowd there's heaps of inspiration for vegan and vegetarian cooking that everyone will want to try. All of these 100 triple-tested recipes from the Good Food experts are vegetarian and, where possible, they've been adapted or there are suggestions on how to make them vegan too.

Feast by Firelight Emma Frisch 2018-04-10 A transporting, lushly photographed book with easy-to-prepare recipes for gatherings at campgrounds and cabins alike. Feast by Firelight offers solution-oriented recipes that make cooking outdoors feel effortless and downright fun and it shows how to utilize clever cooking methods, prep food at home, and pack smart. The book includes recipes for camp cooking as well as detailed menus, shopping and equipment lists, and tips showing how to prepare before you leave. Featuring 70 accessible recipes, it is the first of its kind in the outdoor-cooking niche to pair useful informaton with evocative photography of finished dishes and useful illustrations (such as how to pack a cooler and how to build a fire), setting a new standard for camping cookbooks.

Green Kitchen Travels David Frenkiel 2014-09-15 Delicious, nutritious and healthy vegetarian and vegan food, inspired by flavors from around the world, from the Green Kitchen Stories family. The Green Kitchen Stories family David, Luise and their children are a family who love to travel. Hungry to see and taste more of the world, they embarked on an around-the-world trip with their seven-month-year-old. Start the day with indulgent almond pumpkin waffles from San Francisco, tuck into a raw bean sprout pad thai from Thailand for lunch, and a Sri Lankan vegetable curry for supper. With easy to find ingredients and simple instructions, these recipes are sure to be a success. With stunning photography and food styling, as well as personal anecdotes and images from the authors' travels, Green Kitchen Travels shares modern and inspiring vegetarian, vegan and gluten-free recipes for all appetites.

The Mediterranean Diet Cookbook Denise Hazime 2014-04-01 Transform your health with over 200 mouth-watering Mediterranean diet recipes The Mediterranean diet is one of the healthiest diets on the planet, and science has proven that it not only can help people lose weight, but it can also benefit people with serious health issues including diabetes, high blood pressure, and coronary artery disease. But what makes the Mediterranean diet so amazing is that it's absolutely delicious! With an emphasis earthy spices, fruits and vegetables, whole grains and legumes, seafood, lean meats, and generous amounts of olive oil, every recipe in Idiot's Guides: Mediterranean Diet Cookbook is flavorful and satisfying, with an emphasis on using whole foods and healthy fats. Here's what you'll find inside: Over 200 Mediterranean recipes, each with complete nutrition information, for breakfasts, salads, soups and stews, appetizers, vegetarian entrees, fish and meat entrees, and desserts Insight on the benefits of the Mediterranean diet is, the history of the diet, and how it works Helpful, practical tips for transitioning to the diet and sticking with it Guidance on cooking the Mediterranean way, sourcing key ingredients and stocking your pantry, and eating out while you're following the diet

Vegan, at Times Jessica Seinfeld 2021-11-23 "So many people are looking for ways to incorporate vegan meals into their diets. But while even just the word vegan can seem intimidating, these healthy, plant-based recipes from Jessica Seinfeld are accessible and appealing--they are all about simplicity, affordability, and comfort. Jessica learned to cook plant-based meals with her family from a young age. But she isn't vegan, and neither are her husband or her kids. And she isn't trying to convince you to become vegan, or shame you for those times when you want to eat meat. Vegan, at Times is about giving you the tools to cook satisfying, reassuring, flavorful, and robust vegan meals whenever you want to, whether that's every day, once a week, or just once in a while"--

Food52 Simply Genius Kristen Miglore 2022-09-27 100 of Food52's simplest, most rule-breaking recipes yet to help beginners and other time-strapped cooks build confidence in the kitchen, from the IACP Award-winning, New York Times bestselling Genius series. There's no better way to learn how to make great food than to stand at the elbow of a skilled cook, ask questions, and watch their every move. In Simply Genius, Food52 founding editor and Genius Recipes columnist Kristen Miglore gives you access to genius cooks like Samin Nosrat (Buttermilk-Marinated Roast Chicken), Dr. Jessica B. Harris (Mayonnaise d'Avocat), Yotam Ottolenghi and Sami Tamimi (Roasted Butternut Squash & Red Onion with Tahini & Za'atar), Gonzalo Guzmán (Frijoles Negros de la Olla), Leah Chase (Rice Pancakes with Ham & Tomato-Basil Sauce), Heidi Swanson (Farro & Olive Salad), Jacques Pépin (Fresh Tomato Sauce), and more, as they share their brilliant cooking tips through a collection of essential recipes. Miglore packs the book with helpful visuals (like brilliant doneness charts for everything from chicken to eggs to cake), illustrated step-by-step diagrams to show you smarter ways to prep (handling hot chiles, neatly separating eggs, tricking herbs into staying fresh), and myth-busting truths that make cooking so much more welcoming (no, you don't have to soak your beans before you cook them; no, you don't have to soften butter to make chocolate chip cookies). Primers on common woes and how to fix them tell you how to rescue your dinner when things go wrong, and how to make sure everything's smoother next time. And once you get a recipe down, Miglore shares "3 More Ways" to use that new technique to make even more rewarding meals. More than 150 recipes and variations teach you building blocks, fit easily into your life, and prove that all of us can become genius cooks when we have the right teachers.

The Wellness Lifestyle Daniel ORR 2018-09-25 Have you meticulously counted calories and obsessed over what you eat and how you move, only to feel exhausted, unfulfilled, and overweight? The Wellness Lifestyle: A Chef's Recipe for Real Life is the easy-to-follow and life-changing book for those who love food and want a healthier and more fulfilling life. Renowned chef Daniel Orr (Chef D) teams up with wellness coach Kelly Baute (Dr. K) to identify and navigate the eight dimensions of wellness: nutritional, physical, social, spiritual, emotional, intellectual, occupational, and environmental. The result is a fulfilling recipe for everyone interested in improving their overall health and shedding pounds while still enjoying life. The path to total wellness is a lifelong journey of self-exploration and adaptation. Chef D and Dr. K explain how to implement and maintain effective behavior changes, including better ways to move, like yoga; better ways to think, like through meditation; and better ways to eat, with easy recipes for whole, healthful foods. From Muscle Mud Breakfast Bars to Cauliflower "Popcorn," Happy Mouth Quinoa Salad to Tuscan Flatiron Steak with Garlic, Rosemary, and Lemon, The Wellness Lifestyle is packed with delicious and fun recipes that combine the healthy nutrients your body needs with the great flavors you crave. Featuring the secrets to good food and an even better life, The Wellness Lifestyle is essential for every kitchen.

EatingWell Quick and Clean Jessie Price 2017-06-06 The easy, delicious way to clean eating, from the experts at EatingWell For 25 years, EatingWell has combined great recipes with smart nutrition advice. Now with these easy recipes, eating clean is finally both simple and achievable. Most of the recipes take less than 45 minutes start to finish. There's even a chapter of 15-minute dinners. Ingredient lists are short and focused on whole foods, all of them easy to find. Beyond dinner, packable recipes for breakfast, lunch and snacks work with any schedule, all presented with a no-nonsense, science-backed approach. A clear intro chapter and savvy shopping advice throughout teach the principles of clean eating that are worth incorporating into any diet. And it all comes back to taste--recipes like Asparagus Tabbouleh, Chicken with Lemon-Herb Sauce and Blueberry Cobbler show how delicious clean eating can be.

The Complete Plant-Based Cookbook America's Test Kitchen 2020-12-01 2021 IACP Award Winner in the Health & Nutrition Category Make any recipe vegan or vegetarian to suit your preference Plant-based cooking means different things to different people. We all come to plant-based eating with different goals in mind. ATK's diverse, modern guide offers foolproof recipes for every occasion that you can tailor to suit your own needs, choosing whether to make any dish vegan or vegetarian. From building a plant-centric plate to cooking with plant-based meat and dairy, you'll find everything you need here to create varied, satisfying meals. The 500-plus recipes are vegan but flexible. You can choose whether to make the Rancheros with Avocado with tofu or eggs, the Farro Salad with Cucumber, Yogurt, and Mint with plant-based or dairy yogurt, the Vegetable Fried Rice with Broccoli and Shiitake Mushrooms with or without eggs, and the No-Bake Cherry-Almond Crisp using coconut oil or butter. ATK's plant-based eating strategy is easy, budget-friendly, and inclusive--cuisines around the world are rich with boldly flavored,

naturally vegan dishes. Drawing inspiration from them, these recipes showcase produce, beans and grains, and vegan (and vegetarian) protein sources. The Complete Plant-Based Cookbook is packed with ingenious tips for cooking with plant-forward ingredients and also showcases ATK’s practical techniques. Rethink how you use vegetables (blend leeks into a silky pasta sauce, use beets to transform a burger from the “vegan option” into the best option); discover how to boost umami flavor using tomato paste, dried mushrooms, and miso; and more. A thorough opening section delves into the details of modern plant-based eating, addressing shopping and storage strategies, the plethora of plant-based meat and dairy options, and how to meet nutritional needs.

Plant-Based on a Budget Toni Okamoto 2019-05-14 Eat vegan—for less! Between low-paying jobs, car troubles, student loans, vet bills, and trying to pay down credit card debt, Toni Okamoto spent most of her early adult life living paycheck to paycheck. So when she became a vegan at age 20, she worried: How would she be able to afford that kind of lifestyle change? Then she discovered how to be plant-based on a budget. Through her popular website, Toni has taught hundreds of thousands of people how to eat a plant-strong diet while saving money in the process. With Plant-Based on a Budget, going vegan is not only an attainable goal, but the best choice for your health, the planet—and your wallet. Toni’s guidance doesn’t just help you save money—it helps you save time, too. Every recipe in this book can be ready in around 30 minutes or less. Through her imaginative and incredibly customizable recipes, Toni empowers readers to make their own substitutions based on the ingredients they have on hand, reducing food waste in the process. Inside discover 100 of Toni’s “frugal but delicious” recipes, including:
• 5-Ingredient Peanut Butter Bites
• Banana Zucchini Pancakes
• Sick Day Soup
• Lentils and Sweet Potato Bowl
• PB Ramen Stir Fry
• Tofu Veggie Gravy Bowl
• Jackfruit Carnita Tacos
• Depression Era Cupcakes
• Real Deal Chocolate Chip Cookies
With a foreword by Michael Greger, MD, Plant-Based on a Budget gives you everything you need to make plant-based eating easy, accessible, and most of all, affordable. Featured in the groundbreaking documentary What the Health

Love to Eat Nicole Keshishian Modic 2022-10-25 A balanced relationship with your food is within reach! These 75+ recipes offer the freedom to eat the foods you love, without guilt, and to live your damn life once and for all.

“Nicole’s focus on wholesome recipes that fill your body and soul is such a balanced way to approach cooking, and will help encourage a healthy, loving relationship to food and your body.”—Rachel Conners, author of Bakerita In Love to Eat, Nicole Keshishian Modic teaches you how to listen to your body’s cues around food, discover a more flexible relationship to your diet, and nourish your body with real, whole-foods recipes that celebrate flavor. Growing up in Los Angeles, Nicole was surrounded by society’s complicated views on women’s bodies and countless diet crazes, but her Armenian father instilled his deep passion for food and flavor within her. Years of quietly suffering from an eating disorder led Nicole to find healing in the most unlikely place for her at the time—the kitchen—as she turned former binge foods into healthy but indulgent standards on her wildly popular blog, KaleJunkie. This inspirational cookbook is filled with recipes and inspirational stories to keep you feeling satisfied in body and mind. Nicole also shares her philosophy on what food freedom and intuitive eating truly mean (spoiler alert: Neither is about restrictive dieting!) and advice on how to carry that positive attitude into other aspects of your life. 75+ recipes showcase Nicole’s Armenian background, love of comfort foods, and passion for creative (and kid-friendly!) plant-forward meals. Discover dishes such as:
• Blueberry Pancake Bread Muffins
• Armenian Stuffed Bell Pepper Dolmas
• The Best Quinoa Tabbouleh
• Sweet and Sour Crunchy Cauliflower Bites
• One-Pot Penne Arrabbiata
• The Coziest Lemon Chicken Soup
• Sweet Potato S’Mores Cookies.
• Life-Changing Chocolate Chip Tahini Cookies
With accessible and nutritious recipes designed for real, busy life, Love to Eat proves that there is room for a juicy burger in a healthy lifestyle—as long as you’re eating with purpose and listening to your intuition.

Rebel Recipes Niki Webster 2019-12-26 Inspired by her travels around the globe, Niki Webster gathers some of her favourite recipes together into this rebellious new book. You won’t find any limp lettuce or boring old-school vegan dishes here. Expect to find all kinds of awesomeness, such as mouth-watering spicy Indian crepes; baked aubergine with cashew cheese and pesto; sweet potato, cauliflower and peanut stew; and chocolate cherry espresso pots.

While a number of vegan and plant-based books focus on health, Rebel Recipes is unashamedly about taste; it’s all about pleasure, vibrancy and flavour – food for the soul. Niki’s delicious recipes are bought to life with photography from Kris Kirkham.

7-Day Sugar Cleanse Leisa Maloney Cockayne 2021-10-05 One Week to a Healthier, Sugar-Free You Do you constantly crave simple carbohydrates like breads, desserts or sugary drinks? Do you treat yourself to “one cookie” that quickly spirals into eating the whole box? Have you tried to cut back on your sugar consumption before, but ultimately caved to your cravings? You aren’t alone! Stop being controlled by your sugar addiction once and for all by following this simple, achievable one-week sugar cleanse, designed by integrative nutrition health coach and www.makesugarfree.com founder Leisa Maloney Cockayne. This quick and achievable cleanse is made up of seven days of breakfast, lunch, dinner and snack recipes that are flavorful and satisfying enough to help you quit sugar cold turkey, without feeling like you’re missing out on enjoying your meals. Choose from tasty options like: - Quinoa and Goat Cheese Burgers - Bo-ho-landaise Poached Eggs - Coconut Chicken Dippers - Coconut and Vanilla Overnight Oats - Sage Pork Cutlets - Parma Ham and Arugula Cauli Pizza
Leisa includes a bonus chapter of healthy meals to enjoy post-cleanse, to help you continue being conscientious and keep you from sliding back into unhealthy, sugar-laden habits. She also shares lower-sugar versions of your favorite desserts—because breaking your sugar addiction doesn’t mean never eating the sweets you love again! Instead, it’s all about enjoying sugar in moderation, without being controlled by urges and cravings. A former sugar addict herself, Leisa will guide you step-by-step through successfully breaking your addiction and start reaping the benefits of your new sugar-free life!

Choosing Raw Gena Hamshaw 2014-07-01 An accessible plan for anyone transitioning to a healthy, plant-based diet that highlights delicious, easy vegan and raw recipes.

Clean Eating Kitchen: The Low-Carb Mediterranean Cookbook Michelle Dudash 2021-05-18 From the creator of Clean Eating Kitchen, Michelle Dudash presents The Low-Carb Mediterranean Cookbook with simple, plant-focused recipes for lifelong health. The Mediterranean diet holds the top rank for being easy to follow and delivering proven results for improved heart health and blood sugar management, decreased risk of cancer, and increased longevity. This cookbook combines the best aspects of the Mediterranean diet with more than 100 nutritious recipes that help the whole family eat clean including 60 meals that can be prepared in 30-minutes or less. Clean Eating Kitchen: The Low-Carb Mediterranean Cookbook delivers the benefits of the Mediterranean diet with fewer carbs, satisfying a mostly plant- and seafood-based regimen that is higher in protein and good fats. This book includes the healthiest, most crave-worthy ingredients and flavors of the Mediterranean diet that are sure to induce wanderlust, including: Greek Spinach Pie with Almond Flour Crust Lebanese Meat Pies with Ground Beef and Lemon Chickpea Vegetable Stew with Turmeric and Cumin Lentil Fattoush Salad with Caramelized Red Onions Sheet Pan Pork Tenderloin with Grapes, Walnuts, and Blue Cheese Moroccan-Spiced Lamb Chops with Mint Chicken Gyro Lettuce Wraps Shrimp with Zoodles and Fresh Tomato Sauce And, Burrata Cheese with Balsamic-Marinated Strawberries
With low-carb and low-sugar recipes packed with protein, you and your family can stay healthy by following one of the best eating lifestyles in the world. Enjoy simple, wholesome meals that leave everyone around the table happy and satisfied with the Clean Eating Kitchen: The Low-Carb Mediterranean Diet Cookbook.

Feast by Firelight Emma Frisch 2018-04-10 A transporting, lushly photographed book with easy-to-prepare recipes for gatherings at campgrounds and cabins alike. Feast by Firelight offers solution-oriented recipes that make cooking outdoors feel effortless and downright fun and it shows how to utilize clever cooking methods, prep food at home, and pack smart. The book includes recipes for camp cooking as well as detailed menus, shopping and equipment lists, and tips showing how to prepare before you leave. Featuring 70 accessible recipes, it is the first of its kind in the outdoor-cooking niche to pair useful information with evocative photography of finished dishes and useful illustrations (such as how to pack a cooler and how to build a fire), setting a new standard for camping cookbooks.

Sweet Potato Soul Jenne Claiborne 2018-02-06 100 vegan recipes that riff on Southern cooking in surprising and delicious ways, beautifully illustrated with full-color photography. Jenné Claiborne grew up in Atlanta eating classic Soul Food—fluffy biscuits, smoky sausage, Nana’s sweet potato pie—but thought she’d have to give all that up when she went vegan. As a chef, she instead spent years tweaking and experimenting to infuse plant-based, life-giving, glow-worthy foods with the flavor and depth that feeds the soul. In Sweet Potato Soul, Jenné revives the long tradition of using fresh, local ingredients creatively in dishes like Coconut Collard Salad and Fried Cauliflower Chicken. She improvises new flavors in Peach Date BBQ Jackfruit Sliders and Sweet Potato-Tahini Cookies. She celebrates the plant-based roots of the cuisine in Bootylicious Gumbo and savory-sweet Georgia Watermelon & Peach Salad.

And she updates classics with Jalapeño Hush Puppies, and her favorite, Sweet Potato Cinnamon Rolls. Along the way, Jenné explores the narratives surrounding iconic and beloved soul food recipes, as well as their innate nutritional benefits—you’ve heard that dandelion, mustard, and turnip greens, okra, and black eyed peas are nutrition superstars, but here’s how to make them super tasty, too. From decadent pound cakes and ginger-kissed fruit cobblers to smoky collard greens, amazing crabcakes and the most comforting sweet potato pie you’ll ever taste, these better-than-the-original takes on crave-worthy dishes are good for your health, heart, and soul.

Taste of Beirut Joumana Accad 2014-09-02 Collects over one hundred and fifty recipes for Lebanese dishes inspired by the author’s grandmother, including breads, soups, mezzes, stews, kibbeh, and desserts.

Vegan Richa’s Indian Kitchen Richa Hingle 2015-05-19 From delicious dals to rich curries, flat breads, savory breakfasts, snacks, and much more, this vegan cookbook brings you Richa Hingle’s collection of plant-based Indian recipes inspired by regional cuisines, Indian culture, local foods, and proven methods. Whether you want to enjoy Indian cooking, try some new spices, or add more protein to your meals using legumes and lentils, this book has got it covered. You’ll explore some well-known and new Indian flavor profiles that are easy to make in your own kitchen. Learn the secrets of eclectic Indian taste and textures, and discover meals in which pulses and vegetables are the stars of the dish. And once you taste Richa’s mouth-watering desserts, they will likely become your new favorites. Within these pages you will find recipes to please all the senses, including:
• Mango Curry Tofu
• Whole Roasted Cauliflower in Makhani Gravy
• Baked Lentil Kachori Pastries
• Quick Tamarind-Date Chutney
• Avocado Naan
• Fudgy Cardamom Squares
The recipes have been designed to simplify complex vegan cooking procedures, and Richa’s workflow tips incorporate modern appliances and techniques from other cuisines to reduce cooking times. Replacement spices are indicated wherever possible, and Richa also provides alternatives and variations that allow people to be playful and creative with the Indian spices called for in the recipes. The restaurant-quality vegan recipes are ideal to make for yourself, for family, and for entertaining guests.

Dinner Illustrated America’s Test Kitchen 2018-04-17 Dinner Illustrated is a meal kit in book form, perfect for busy people who love to cook but are short on time and inspiration. In a revolutionary new layout, each recipe appears as a visual walkthrough of preparing a complete meal, including any sides and salads. Yes, a complete meal, so there’s no worrying about whether this will go with that. All in an hour or less. There’s no advance prep required: Just gather your ingredients, pick up your knife, and follow the step-by-step photos until dinner is ready. You’ll become a faster cook as we show you when to prepare each ingredient during the cooking process for maximum efficiency (this is the way many seasoned pros cook at home). Break out of your dinner rut with 175 globally inspired ideas. Try the Za’atar Chicken with Pistachios, Brussels Sprouts, and Pomegranate; it achieves incredible flavor thanks to

two popular Mediterranean seasonings. Or Garlicky Spaghetti with Basil and Broiled Tomatoes, a fresh update on aglio e olio, the classic Italian pantry dinner. To make this book even more helpful, we included nutritional information for recipes, and list the gluten-free, vegan, and vegetarian options. So open Dinner Illustrated on any busy weeknight and expand your repertoire of dinner standbys (and pocket the money you’d spend on meal kits or takeout).

Milk Street: Tuesday Nights Christopher Kimball 2018-10-16 WINNER OF THE JAMES BEARD AWARD AND IACP AWARD FOR BEST GENERAL COOKBOOK -- One of Epicurious’ Greatest Home Cooks of All Time delivers creative, delicious weeknight dinners with this quick and easy cookbook for beginner cooks and foodies alike. At Christopher Kimball’s Milk Street, Tuesdays are the new Saturdays. That means every Tuesday Nights recipe delivers big, bold flavors, but the cooking is quick and easy—simple enough for the middle of the week. Kimball and his team of cooks and editors search the world for straightforward techniques that deliver delicious dinners in less time. Here they present more than 200 solutions that will transform your weeknight cooking, showing how to make simple, healthy, delicious meals using pantry staples and just a few other ingredients. Here are some of the fresh, inventive meals that come together in minutes: Miso-Ginger Chicken Salad Rigatoni Carbonara with Ricotta Vietnamese Meatball Lettuce Wraps Peanut-Sesame Noodles White Balsamic Chicken with Tarragon Seared Strip Steak with Almond-Rosemary Salsa Verde Chocolate-Tahini Pudding
Tuesday Nights is organized by the way you cook. Some chapters focus on time—with recipes that are Fast (under an hour, start to finish), Faster (45 minutes or less), and Fastest (25 minutes or less). Others highlight easy methods or themes, including Supper Salads, Roast and Simmer and Easy Additions. And there’s always time for pizza, tacos, "walk-away" recipes, one-pot wonders, ultrafast 20-minute miracles, and dessert. Great food in quick time, every night of the week.

Diabetic Living Eat Smart, Lose Weight Diabetic Living Diabetic Living Editors 2017-12 A practical and innovative guide for people living with diabetes who want to take control of their health by making simple, achievable adjustments to their diet and lifestyle—from the trusted experts at Diabetic Living.

Australian Women’s Weekly Vegetarian AUSTRALIAN WOMEN’S WEEKLY 2021-05-18 Create triple-tested, fuss-free vegetarian recipes that you’ll come back to time and again. Vegetarian cooking has never looked so good! With more than 90 fresh and exciting recipes to add to your repertoire, create delicious, healthy, and flavorful everyday vegetarian meals that the whole family will love. Australian Women’s Weekly is one of the most popular and reliable sources of fresh, healthy, and easy-to-make recipes. Inside the pages of this vegetarian recipe book, you’ll discover: - 90 exciting recipes from the latest lifestyle trends, all photographed and with a fresh, modern design - A wide range of cuisines, types of dishes, and dietary needs to create balanced everyday meals Imperial and metric conversions and dual ingredient vocabulary - Easily recognizable ingredients that you can find in your local supermarket - A mixture of classic recipes and innovative ideas from one of Australia’s top-selling and most widely read magazines Your guide to easy, vegetarian home cooking Whether you would like to try a meat-free day or two each week or living a vegetarian lifestyle, this exciting recipe book by Australian Women’s Weekly is just what you need! This cookbook contains a wide range of innovative recipes and some old classics to show you how to get the most of everyday vegetarian cooking to maximize your flavors and enjoy something new. From cauliflower burgers, roasted onion socca with chilli yogurt to Za’atar chickpeas and vegetable salad, this book contains recipes from all over the world including India, Japan, Italy, and Mexico. These flavorsome, nutritious everyday recipes cater to all kinds of vegetarian diets including lacto-vegetarian, ovo-vegetarian, and vegan. Even more recipes to discover Are you looking for tried and tested fuss-free recipes? Look no further! Australian Women’s Weekly recipe series has fresh, healthy recipes that you can make every day. Try Australian Women’s Weekly Mediterranean to explore the taste of the Mediterranean in your kitchen!

The Complete Make-Ahead Cookbook America’s Test Kitchen 2017-07-11 An impressive collection of 500 recipes at your fingertips! Make the recipe all at once, if you have time; or, use the accompanying suggestions on what parts are best to make ahead separately if you’re short on time that day. Every recipe has been tested thoroughly on what’s best to make when, and how to store it, to give your results a just-made flavor. Included in this compendium of new recipes are a few fan favorites that have been thoroughly re-tested and adjusted for the best results if you need to make a component in advance. You’ll find classic, international and modern flavors with recipes such as Breakfast Strata, Mini Chicken Empanadas, Olive Oil-Sea Salt Pita Chips, Chickpea Cakes, Cauliflower Gratin, Stuffed Eggplant, Mexican Lasagna with Turkey, Tequila-Lime Turkey Chili, Moroccan Chicken Salad, Beef Tamale Pie, Smoked Salmon and Leek Tarts, Blueberry Streusel Bars, Maple Pecan Pie, Flourless Chocolate Cake and Bourbon Whipped Cream. In addition you’ll find information basics for refrigerator and freezer storage, how to freeze egg yolks and egg whites properly, and the ultimate guide to storage containers – all to help give you the best tasting results!

Chickpea Flour Does It All Lindsey S. Love 2016-04-08 Meet the New Must-Have-It Pantry Staple: Chickpea Flour Why make chickpea flour your new go-to? Because everyone—gluten-free or not—will find a reason to love it. This versatile alternative to wheat flour shines in savory and sweet dishes alike. It’s been used for centuries around the world, and is famous in Nice, France, where the flatbread socca is enjoyed with a chilled glass of rosé. In this gorgeously photographed cookbook, Lindsey S. Love takes inspiration from her favorite seasonal ingredients, global flavors, and much-loved family recipes to create vibrant gluten-free, dairy-free, and vegetarian dishes where chickpea flour is the star. Gluten-free diners especially will be amazed by the variety—nothing’s off the table anymore, and taste is never sacrificed. Plus, many recipes are vegan—taking advantage of chickpea flour as a base for vegan sauces and a soy-free alternative to tofu. Lindsey’s inventive recipes meld sophisticated and subtle flavors—and beg to be shared with friends and family at any time of the year! Toast It, Sift It, Simmer It . . . Chickpea Flour Does It All: Thickens and flavors hearty dishes like Sunchoke and Leek Soup Gives any dish a protein boost, even Vanilla Bean Lavender Cupcakes Adds creamy texture to dairy-free dishes, such as Loaded Sweet Potatoes with Chickpea Sour Cream And brings back family favorites—now gluten-free—like pizza (Chickpea Pizza with Asparagus and Pea Shoot Tangle) and pancakes (Sautéed Pear and Sage Pancakes with Almonds)!

Nut Butter Universe Robin Robertson 2013-02-12 Think outside the jar with delicious nut butters! Nut Butter Universe is a culinary treasure filled with creative ways to make luscious, protein-rich recipes for breakfast, lunch, dinner, dessert, and snacks. These recipes use delectable butters made from cashews, Brazil nuts, macadamias, chestnuts, almonds, peanuts, and more. Just a small amount of nut butter can add great texture, flavor, and nutrition to your meals. Here are just a few of Robin’s mouth-watering recipes, all enriched by delicious nut and seed butters: Artichoke Walnut Butter Bisque Roasted Tahini Cauliflower Pistachio Butter Biscotti Chestnut and Winter Vegetable Pot Pie Pecan Butter Waffles Penne with Avocado Cashew Cream Grilled Peanut Butter Banana Sandwich Pineapple Coconut Cheesecake Chocolate Macadamia Truffles Apple-Almond Butter Crumble There are recipes for making your own nut butters and options for those with nut allergies. The book also contains an informative Foreward by nutrition expert and bestselling author, Julieanna Hever, which explains the health benefits of nuts and nut butters. In addition, the recipes are clearly marked as being gluten-free or soy-free. Also includes helpful indexes, fun facts, and 8-page color photo insert.

Smart Carbs Luke Hines 2018-07-31 There is much confusion when it comes to carbohydrates and weight loss. How low is 'low carb'? What is a keto diet and how does it work? Luke Hines understands that there is no one-size-fits-all healthy lifestyle plan and in Smart Carbs he demystifies the different approaches to carbohydrates and helps you understand how to make carbohydrates work for you, depending on your own body, lifestyle and weight-loss goals - how to be smarter about eating carbs! Luke is passionate about creating meals that are packed full of nutrient-dense wholefoods - think seasonal fruits and veggies, sustainable proteins and healthy alternatives to dairy and sugar. It's not about restricting yourself, but finding equally or MORE delicious substitutes for foods that aren't so good for you. These delicious, fuss-free meals will help you increase your energy, lose weight and feel happier and healthier than ever before. In Smart Carbs, the recipes fall into three distinct categories: keto, low carb and sustainable carb, making it easy to construct the perfect meal plan. Every kind of dish is catered for, whether you're looking for a healthy lunch, an indulgent brunch, 'Friday night in' takeaway-style dishes or desserts and cakes to share with the family. Recipes include: *Dark Choc and Pink Salt Thick Shake *Garlic and Rosemary Cauliflower Bread *Keto Mexican Eggs *Gorgeous Green Omelette with Lemon Ricotta *Nasi Goreng *Pumpkin Fritter Stack with Zucchini Hummus *Coconut Cookie Dough Bites *Iced VoVo Slab *Marrakech Skewers *Sexy Salmon Burrito Bowl *Cauliflower Nuggets with Spicy Sriracha Dipping Sauce *Okonomiyaki *Beef Ragu with Easy Pappardelle *NYC Cheese Burger Bowl This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

No-Waste_Save-the-Planet_Vegan_Cookbook Celine Steen 2021-06-08 You can eat incredibly well and make a significant contribution to saving the planet. Celine Steen’s uplifting No-Waste Save-the-Planet Vegan Cookbook shows you how with delicious recipes and practical advice. Plant-based foods have a dramatically lower negative impact on the environment than meats and animal products, as hundreds of studies have revealed. If you are a vegan and eat plant-based foods only, chances are you know this already. If you are a vegetarian or an omnivore, you probably have heard that this is one of the many reasons—quite aside from the ample health benefits of eating more plants and plant products—for adding more plant-based meals to your weekly routine. In the pages of this inspiring and eminently practical book you will discover: More than 100 earth-friendly, utterly delectable recipes, from splendid soups, substantial sides, and glorious salads to vibrant main courses and even sweet desserts, that leave no unusable waste behind and use all the parts of the produce we have grown or bought Practical guidance on how to shop for and eat local produce whenever possible, even when you live in a cold climate with limited crops nearby Surefire tips on how to save, store, and cook the parts of plants that you might be throwing out now Advice on how to buy and store food with little to no packaging—and zero non-recyclable, non-biodegradable packaging Imagine how good you will feel by upping your game at dinnertime and at the same time reducing your food-related carbon footprint as far as it will go.

Milk Street: Cookish Christopher Kimball 2020-10-13 Throw together fast, flavorful meals in no time with just a handful of ingredients with 200 highly cookable, delicious, and incredibly simple recipes from the James Beard Award-winning team at Milk Street. In Cookish, Christopher Kimball and his team of cooks and editors harness the most powerful cooking principles from around the world to create 200 of the simplest, most delicious recipes ever created. These recipes, most with six or fewer ingredients (other than oil, salt, and pepper), make it easy to be a great cook -- the kind who can walk into a kitchen and throw together dinner in no time. In each of these recipes, big flavors and simple techniques transform pantry staples, common proteins, or centerpiece vegetables into a delicious meal. And each intuitive recipe is a road map for other mix-and-match meals, which can come together in minutes from whatever’s in the fridge. With most recipes taking less than an hour to prepare, and just a handful of ingredients, you’ll enjoy: Pasta with Shrimp and Browned Butter West African Peanut Chicken Red Lentil Soup Scallion Noodles Open-Faced Omelet with Fried Dill and Feta Greek Bean and Avocado Salad And for dessert: Spiced Strawberry Compote with Greek Yogurt or Ice Cream When it’s a race to put dinner on the table, these recipes let you start at the finish line.