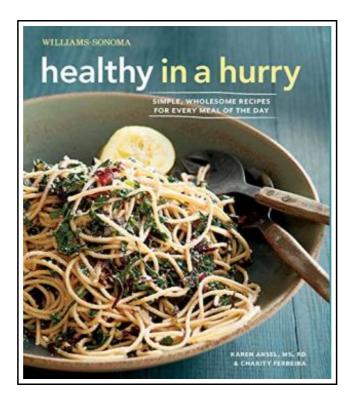
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Reviews

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Weldon Owen, United States, 2012. Hardback. Book Condition: New. 257 x 218 mm. Language: English . Brand New Book. With over 100 accessible recipes and tons of practical advice, this cookbook shows busy cooks how to incorporate nutrient-packed foods into every meal of the day for optimum nutrition and wellbeing. Everyone is looking for ways to fit wholesome, good-for-you meals into their busy schedules. This solution-oriented cookbook targets 30 super healthy foods and shows you how to make the most of them in delicious dishes, any time of the day. Organized by course--including breakfast, starters and snacks, lunch, dinner, vegetable and grain sides, and dessert--the recipes are packed with nutrients and simple enough to prepare in under 30 minutes. Loaded with useful tips and friendly advice on shopping, prepping in advance, and cooking smarter, this book offers real solutions for getting food on the table (or even packing it to go) during hectic weekdays. Table of Contents: Intro Letter The Basics of Everyday Nutrition A Guide to Superfoods Chapter 1: Breakfast Chapter 2: Starters Snacks Chapter 3: Lunch Chapter 4: Dinner Chapter 5: Vegetable Grain Sides Chapter 6: Dessert Pantry Basics Healthy Cooking Tools Techniques Glossary Index Sample Recipes: Buckwheat-blueberry pancakes Easy egg sandwich with baked egg, wilted greens Manchego cheese Sweet corn edamame salsa with crispy baked tortilla chips Kale chips with sea salt Chicken mango salad with cashews Quinoa-black bean burger with chipotle mustard Whole wheat spaghetti with a tangle of garlicky greens Baked tomatoes stuffed with tuna, capers parsley bread crumbs Stir-fried beef bok choy Broccoli slaw with apples pecans Whole-grain couscous with dried fruits almonds Mixed berries with ricotta cream Oatmeal-dark chocolate bars.

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