

Canadian Living Essential Salads Essential Kitchen

Cooks across Canada are trying to eat well, incorporate more healthful foods into their menus and accommodate the dietary choices of family members. Canadian Living's new collection of vegetarian recipes caters to this trend with nourishing dishes that work every time - whether you're cooking for vegetarians, flexitarians or vegans, or just want a little something meat-free and delicious. The book is packed with helpful information on different types of vegetarian diets, advice on shopping for and preparing new and interesting ingredients, and tips that ensure success in the kitchen.

The ideal companion to Flour—Joanne Chang's beloved first cookbook—Flour, too includes the most-requested savory fare to have made her four cafés Boston's favorite stops for breakfast, lunch, and dinner. Here are 100 gratifying recipes for easy at-home eating and entertaining from brunch treats to soups, pizzas, pasta, and, of course, Flour's famous cakes, tarts, and other sweet goodies. More than 50 glorious color photographs by Michael Harlan Turkell take the viewer inside the warm, cozy cafés; into the night pastry kitchen; and demonstrate the beauty of this delicious food. With a variety of recipes for all skill levels, this mouthwatering collection is a substantial addition to any home cook's bookshelf.

Minna Rose enjoys travelling and loves exploring different cultures through food. She adds her own twists to the recipes she discovers and loves to experiment on her family and friends. African food is vibrant, spicy and colourful, utilising the most tantalising flavours from the many cultures who have settled on the continent over the centuries, and creating new and wonderful combinations, combined with traditional foods and cooking methods. Fresh and nutritious food is very

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important for a healthy life, just as tasty food, shared in good company, is essential for a happy and enjoyable life. Minna Rose's cookbooks combine the two in her recipes, all of which are easy to follow and recreate.

Sometimes all you need is a little spark of inspiration to change up your regular cooking routine. The Love & Lemons Cookbook features more than one hundred simple recipes that help you turn your farmers market finds into delicious meals. The beloved Love & Lemons blog has attracted buzz from everyone from bestselling author Heidi Swanson to Saveur Magazine, who awarded the blog Best Cooking Blog of 2014. Organized by ingredient, The Love & Lemons Cookbook teaches readers how to make beautiful food with what's on hand, whether it's a bunch of rainbow-colored heirloom carrots from the farmers market or a four-pound cauliflower that just shows up in a CSA box. The book also features resources to show readers how to stock their pantry, gluten-free and vegan options for many of the recipes, as well as ideas on mixing and matching ingredients, so that readers always have something new to try. Stunningly designed and efficiently organized, The Love & Lemons Cookbook is a resource that you will use again and again.

Chopped, tossed, shredded, composed—salads are versatile in both form and flavor. They're an appealing and healthy way to showcase favorite seasonal produce. From light starters to protein-rich main course salads to palate-cleansing accompaniments, these much-loved adaptable dishes can play a delicious role in virtually every lunch or dinner, every day of the year. This is a revised and revamped edition of Williams-Sonoma Salad of the Day—the bestselling 2012 title, including new images and over 90 new recipes. Williams-Sonoma Salad of the Day is a calendar-style cookbook that offers 365 enticing salads suited for any meal, occasion, or mood. Vibrant, fresh, and extremely

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versatile, salads are the ultimate expression of the changing seasons—and make a fantastic meal or side dish any day of the year. New recipes include Warm Gigante Bean Salad with Herb-Roasted Red Onions & Wilted Greens; Crispy Kale & Brussels Sprouts Salad with Anchovies, Parmesan Crisps & Fried Egg; Grilled Calamari Salad with Padron Peppers & Green Harissa; Herb-Grilled Lamb & Grilled Green Onion Salad; Crispy Eggplant, Miso Butter & Charred Sungold Tomato Salad; Carrot and Medjool Date Salad with Creamy Gorgonzola Dressing; Nopales and Hominy Salad with Skewered Pork and Pepper Kebobs; Black Olive and Calamari Salad with Parsley and Mint Vinaigrette; Fresh Horseradish Salmon Cakes on Wilted Greens, and more. Capture the essence of spring with a pasta salad featuring sugar snap peas and slender asparagus, or a seared salmon salad with pea shoots and watercress. Savor the flavors of summer with juicy ripe tomatoes and sweet corn kernels tossed with piquant blue cheese, or grilled summer squash on a bed of herbed rice. In autumn, enjoy a warm wild mushroom salad dressed in bacon vinaigrette, or tender chicken salad with crisp apples and toasted walnuts. During the winter, pair bright citrus fruits with skirt steak and peppery arugula, or earthy roasted beets and soft farmer cheese. Each recipe includes a complementary dressing recommendations or recipes, and helpful notes offer serving and substitution ideas. With this abundance of recipes as your guide, and the garden's yield as your inspiration, you're sure to find an appealing salad that fits the occasion, no matter what the day brings.

Get started today and fill this blank cookbook with your favourite meals and dessert, holiday feast or your family recipes. Product Details: Book size 8.5x11 (20.3x25.4cm) Introduction Page for you to personalize Table of Contents Page sections includes ingredients, method & nutrition

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content (calories, cabs, protein,fat sugar and fiber) Space for notes to input all other important details Useful Cooking Conversions (Measurements equivalent, fluid & dry volume conversion and much more) A perfect gift for family & friends; House warming, Christmas, Student going off to college, Wedding or bridal shower and other special occasions.

If ONE simple change could resolve most of your symptoms and prevent a host of illnesses, wouldn't you want to try it? Go Dairy Free shows you how! There are plenty of reasons to go dairy free. Maybe you are confronting allergies or lactose intolerance. Maybe you are dealing with acne, digestive issues, sinus troubles, or eczema—all proven to be associated with dairy consumption. Maybe you're looking for longer-term disease prevention, weight loss, or for help transitioning to a plant-based diet. Whatever your reason, Go Dairy Free is the essential arsenal of information you need to change your diet. This complete guide and cookbook will be your vital companion to understand dairy, how it affects you, and how you can eliminate it from your life and improve your health—without feeling like you're sacrificing a thing. Inside:

- More than 250 delicious dairy-free recipes focusing on naturally rich and delicious whole foods, with numerous options to satisfy those dairy cravings
- A comprehensive guide to dairy substitutes explaining how to purchase, use, and make your own alternatives for butter, cheese, cream, milk, and much more
- Must-have grocery shopping information, from sussing out suspect ingredients and label-reading assistance to money-saving tips
- A detailed chapter on calcium to identify naturally mineral-rich foods beyond dairy, the best supplements, and other keys to bone health
- An in-depth health section outlining the signs and symptoms of dairy-related illnesses and addressing questions around protein, fat, and other nutrients in the dairy-free transition
- Everyday living tips with suggestions for restaurant dining,

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travel, celebrations, and other social situations • Infant milk allergy checklists that describe indicators and solutions for babies and young children with milk allergies or intolerances • Food allergy- and vegan-friendly resources, including recipe indexes to quickly find gluten-free and other top food allergy-friendly options and fully tested plant-based options for every recipe

Along the shores of the Mediterranean, people share a love of good food, especially when it's prepared simply and enjoyed with family and friends. The region's cuisines celebrate fresh vegetables, legumes, seafood and olives, making Mediterranean cooking a healthful choice for everyone. From Spanish tapas and Italian pastas to Greek souvlaki, the dishes of Southern Europe have become Canadian family favourites, as have the falafel, tabbouleh, tagine and couscous recipes of the Middle East and North Africa. The food experts in the Canadian Living Test Kitchen have collected more than 90 of their favourite Tested-Till-Perfect recipes inspired by Mediterranean cuisine and tailored to Canadian families. In this compact, budget-friendly edition, there are soups and salads, appetizers and mains, pasta and rice recipes—plus desserts. The recipes include easy weeknightfriendly meals and elegant dishes for entertaining, along with fundamentals such as homemade pasta that let home cooks develop their own specialties. Throughout the book, Canadian Living's food specialists share tips, tricks and techniques to ensure that every recipe turns out as perfectly at home as it did in the Test Kitchen. Synopsis • 90+ recipes from the entire Mediterranean, including appetizers, salads, beef, pork, lamb and chicken dishes, as well as rice and pasta favourites, fish and seafood, and desserts • Recipe variations and serving suggestions • 50+ colour photographs • Helpful cooking, shopping and preparing tips throughout • Comprehensive index that groups recipes into reader-friendly

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categories; search by type of recipe (such as soup or stew), ingredient (such as red peppers or ricotta) or recipe name • Full nutrient analysis of recipes

Named a Best New Cookbook of Fall 2019 by the New York Times, Food & Wine, Epicurious, Grub Street, and more “I will keep this book forever in my collection because no one cooking today is doing more to help the Southern culinary flame burn brighter.” —New York Times “Masterful. . . Mouthwatering, virtuosic.”

—Publishers Weekly, starred review Southern food is one of the most beloved and delicious cuisines in America. And who better to give us the key elements of Southern cuisine than Sean Brock, the award-winning chef and Southern-food crusader. In *South*, Brock shares his recipes for key components of the cuisine, from grits and fried chicken to collard greens and corn bread. Recipes can be mixed and matched to make a meal or eaten on their own. Taken together, they make up the essential elements of Southern cuisine, from fried green tomatoes to smoked baby back ribs and from tomato okra stew to biscuits. Regional differences are highlighted in recipes for shrimp and grits, corn bread, fried chicken, and more. Includes key Southern knowledge too: how to fry, how to care for cast iron, how to cook over a hearth, and more. This is the book fans of Sean Brock have been waiting for, and it’s the book Southern-food lovers the world over will use as their bible.

Packed with revolutionary ideas and practical techniques for developing a deeper connection with one's partner and greater personal awareness, this breakthrough approach to intimacy and gender offers a new blueprint

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for establishing energetically balanced and enhanced relationships.

Discover your inner salad genie with this creative cookbook. Over 230 recipes, ingredient information, and tips, make this the only cookbook you'll ever need to make innovative, stunning, and satisfying salads. What does salad have the potential to be? An exciting mix of color, crunch, and flavor: Peaches over silken burrata; oil spiced with curry leaves on crunchy carrots flavored with lime and cilantro; Southwest Beef Salad with Cornbread Croutons. Explore the creative possibilities of salads, learn how to build and layer unique flavor combinations and embrace ingredients from barley, octopus, and miso to radicchio, pattypan squash, and pears. These ATK dishes will be the star of the table. Our recipes feature salads like Pea Green Salad with Warm Apricot-Pistachio Vinaigrette and Tomato Salad with Steak Tips as well as Crispy Eggplant Salad, and riffs on classics: Caesar salad with grilled romaine or pasta salad with One-Pot Pasta Salad with Chicken (and tomatoes, olives, pepperoncini, green beans, arugula, feta). Sidebars highlight surprising salad ingredients such as couscous, purslane, curry powder, and radicchio. You'll also acquire ideas and inspiration to assemble your own salads in *The Architecture of a Green Salad*, with great tips on mixing and matching ingredients, flavors, and textures. The Salad Bar chapter equips you with an assortment of dressings, toppings, infused oils, and spice blends like za'atar. This is the cookbook you pull out when you want inspiration for dinner and a feast for the eyes.

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Complete, easy-to-follow guide for managing your scoliosis during pregnancy! "An Essential Guide for Scoliosis and a Healthy Pregnancy" is a month-by-month guide on covering everything you need to know about taking care of your spine and your baby. The book supports your feelings and empathizes with you throughout your amazing journey towards delivering a healthy baby. By reading, you gain: - In-depth and up-to-date information on scoliosis and how it can affect your pregnancy. Week-by-week information on what to expect during your pregnancy. - Information that is suitable for all types of post-operative scoliosis cases and those that, to date, have not yet been operated on. - Clear, compassionate and comprehensive answers to the common questions about scoliosis and pregnancy. - Crucial decision making tools decisions for important issues including epidurals, birthing procedures, changes to the spine due to hormones, and more to protect your baby. - Tips to help you minimize unnecessary weight gain and keep your nutrient intake high. - The latest nutritional research that debunks pregnancy food myths and uncovers a number of surprising superfood choices. - Expert advice on staying fit and eating right during each trimester of pregnancy. Self-care tips for side effects including nausea and back pain. - Fun, fast, and safe scoliosis exercises during the month of pregnancy and postpartum. Tips for strengthening your pelvic floor, easing back pain, and losing belly fat postpartum. - Relaxation tips to reduce pain and increase your comfort. This book provides answers and expert advice for pregnant women suffering from scoliosis. Full of

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information to cope with the physical and emotional upheavals of pregnancy during scoliosis. From conception to birth and beyond, this guide will hold your hand until you become a happy and proud mother of a healthy newborn baby.

More than twenty-five years of cooking expertise perfected in the unique Canadian Living Test Kitchen and printed in the food pages of Canadian Living magazine are distilled in this magnificent and completely new cookbook. The Canadian Living Test Kitchen guarantee -- "Tested till perfect" -- has assured a loyal following among cooks who know that Canadian Living Test Kitchen recipes guarantee success. Beautifully produced with a 2-colour interior and 2 eight-page photo inserts, the book contains more than 350 recipes, including regional specialties, dishes from our heritage communities, and fresh takes on modern classics such as sushi, chocolate fondue and pasta. Experienced cooks will enjoy the challenge of new inspirations such as Thai curries, pot stickers, grilled quail and chocolate confections. With an emphasis on eating for health, as well as nutritional analyses and advice, tips on cookware, food shopping and storage, and much more, *The Complete Canadian Living Cookbook* has everything any home cook will need. It is a guarantee of good food and an investment in good taste and good health.

- Over 350 Canadian Living "tested till perfect" recipes
- Information on choosing and storing fruits, vegetables, meat, poultry and fish
- Find how to select the right cooking equipment for your kitchen
- Tips on shopping, storage and ingredient substitutions

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Glossary of essential cooking and baking terms • Advice on how to use slow cookers, bread machines and food processors • Page-top symbols that pinpoint fast, make-ahead, freezable, budget-wise and Canadian Living classic recipes • Streamlined recipes for easy preparation and clean-up • Complete nutritional analysis for each recipe • Cover the basics and challenges experienced cooks • Highlights regional specialties and ingredients, dishes from our heritage communities and great cooks across the country A sampling of delicious recipes: Curried Lamb Phyllo Triangles Baked Brie with Strawberry Mint Topping Baby Spinach and Goat Cheese Salad Red Barn Corn and Bean Salad Perfect Roast Chicken Salmon Cakes Grilled Portobello Burgers Old-fashioned Beef Stew Luscious Mushroom Lasagna Lemon Sponge Pudding Chocolate Raspberry Ice-Cream Cake Saskatoon Berry Pie Apple Pie Muffins Country Seed Bread Pear and Apricot Conserve Spicy Thai Shrimp and Noodle Soup Asparagus Miso Soup Glazed Sea Bass with Red Curry Sauce Smoky Tex-Mex Rib

To celebrate 40 years of culinary creativity and recipe precision, the Canadian Living Test Kitchen have brought together 300+ of their must-have, must-cook recipes. From appetizers to desserts—and everything in between—this is the ultimate Canadian Living cookbook, celebrating the modern, fresh and healthy way Canadians like to eat. In this book, you will find 300+ recipes for dishes of all kinds, from appetizers to desserts; helpful resource section, with lists of substitutions, temperature and doneness charts, and

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cooking reference information; 100+ colour photographs; helpful cooking, shopping and preparing tips scattered throughout; complete index that groups all recipes into helpful categories, search by type of recipe (such as soup or frittata), ingredient (such as turkey or cherries) or recipe name and full nutrient analysis of each recipe.

Chapters include: • Appetizers, Dips and Spreads • Soups • Salads • Side Dishes • Poultry Mains • Beef & Lamb Mains • Pork Mains • Fish & Seafood Mains • Pasta, Noodles and Dumplings • Eggs & Breakfast • Quick Breads • Yeast Breads • Sauces & Preserves • Pies & Tarts • Cakes • Desserts

65 delicious, easy-to-prepare ketogenic recipes for vegans, who can now enjoy the benefits of the diet that is taking the world by storm Who says vegans can't go keto? The most talked-about diet in the world is now reaching a whole new audience with THE ESSENTIAL VEGAN KETO COOKBOOK. Featuring 65 low-carbohydrate, high-fat, moderate-protein, vegan recipes, readers who assumed ketogenic eating was off-limits for their lifestyle can now prepare easy, delicious, keto-compliant meals. Try sunflower seed waffles, Tex-Mex cauliflower steaks with guacamole, creamy "cheeseball" bites, and delicious desserts like a macadamia nut mug cake. Including 40 photos, an overview of the ketogenic diet and its main health benefits, and tips on how to meet and track macros, this cookbook includes everything vegans need to know to prepare keto-friendly recipes, without any of the overwhelming extras.

"Mental toughness is the natural or developed psychological edge that results from a collection of skills,

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attributes, values, emotions, and behaviors that allow people to overcome any obstacle, adversity, or pressure as well as deal with the general day-to-day demands (lifestyle, training, competition) placed upon them and still remain consistent, focused, confident, and motivated to achieve their goals."Fortitude is a guide for high performing athletes and business professionals on understanding mental toughness, how to build and sustain it over time. Kate Allgood built her business helping individuals like you learn what it takes to perform under pressure. In this book you'll discover: - What you need to know to build real and long lasting confidence- How to improve the ability to focus and refocus - The power of mindfulness- How to build motivation in yourself and others - And much, much, more! "Kate is a force in the sports business and with her new book she brings the best insight directly to your field of play." Jeremy M. Evans, Founder of and Managing Attorney at California Sports Lawyer(R) "If you want to step up your game, your business or just kill it in life, Fortitude is an easy to read guide to do it."- Majo Orellana - Pro Athlete, Coach and Entrepreneur

2018 James Beard Award Winner: Best American Cookbook Named one of the Best Cookbooks of 2017 by NPR, The Village Voice, Smithsonian Magazine, UPROXX, New York Magazine, San Francisco Chronicle, Mpls. St. Paul Magazine and others Here is real food—our indigenous American fruits and vegetables, the wild and foraged ingredients, game and fish. Locally sourced,

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seasonal, “clean” ingredients and nose-to-tail cooking are nothing new to Sean Sherman, the Oglala Lakota chef and founder of The Sioux Chef. In his breakout book, *The Sioux Chef’s Indigenous Kitchen*, Sherman shares his approach to creating boldly seasoned foods that are vibrant, healthful, at once elegant and easy. Sherman dispels outdated notions of Native American fare—no fry bread or Indian tacos here—and no European staples such as wheat flour, dairy products, sugar, and domestic pork and beef. The Sioux Chef’s healthful plates embrace venison and rabbit, river and lake trout, duck and quail, wild turkey, blueberries, sage, sumac, timspsula or wild turnip, plums, purslane, and abundant wildflowers. Contemporary and authentic, his dishes feature cedar braised bison, griddled wild rice cakes, amaranth crackers with smoked white bean paste, three sisters salad, deviled duck eggs, smoked turkey soup, dried meats, roasted corn sorbet, and hazelnut–maple bites. *The Sioux Chef’s Indigenous Kitchen* is a rich education and a delectable introduction to modern indigenous cuisine of the Dakota and Minnesota territories, with a vision and approach to food that travels well beyond those borders.

Canadian Living: 150 Essential Salads
Transcontinental Books

Memorable food makes unforgettable gatherings!
Sharing a meal with family and friends is among the

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profound joys of everyday life. The food experts in the Canadian Living Test Kitchen have brought together more than 250 favourite Tested-Till-Perfect recipes to create 35 seasonal menus for the significant events on your calendar. We'll help you create a family feast to celebrate a special holiday, a casual get-together to reconnect with friends or a backyard barbecue for no reason other than having fun with good neighbours. The menus in this cookbook are versatile and varied: You'll find finger-food recipes for cocktail parties, buffet-style and make-ahead meals to simplify big family events and menus that bring back the Sunday supper tradition. So, plan a meal, gather the people you care about and count on us for delicious memories.

Simple meals inspired by Israeli street food, by the authors of the best-selling James Beard Book of the Year, *Zahav*.

The Canadian Living Test Kitchen delivers an all-new recipes to the Complete Vegetarian Cookbook. A follow-up to Canadian Living's best-selling Vegetarian Collection, which went to a second edition, Canada's most authoritative test kitchen brings 195 pages of Tested-Till-Perfect recipes. Families coast to coast come to Canadian Living for fresh ideas and reliable results, and this book offers solutions for satisfying meatless meals, irresistible sides that bring healthy eating to the table, and even showstopper desserts for special occasions.

#1 New York Times Bestseller *Magnolia Table* is infused with Joanna Gaines' warmth and passion for all things family, prepared and served straight from the heart of her home, with recipes inspired by dozens of Gaines family favorites and classic comfort selections from the couple's new Waco restaurant, *Magnolia Table*. Jo believes there's no better way to celebrate family and friendship than through the art of togetherness, celebrating tradition, and sharing a great meal. *Magnolia Table* includes 125 classic recipes—from breakfast, lunch, and dinner to small plates, snacks, and desserts—presenting a modern selection of American classics and personal family favorites.

Complemented by her love for her garden, these dishes also incorporate homegrown, seasonal produce at the peak of its flavor. Inside *Magnolia Table*, you'll find recipes the whole family will enjoy, such as: Chicken Pot Pie Chocolate Chip Cookies Asparagus and Fontina Quiche Brussels Sprouts with Crispy Bacon, Toasted Pecans, and Balsamic Reduction Peach Caprese Overnight French Toast White Cheddar Bisque Fried Chicken with Sticky Poppy Seed Jam Lemon Pie Mac and Cheese Full of personal stories and beautiful photos, *Magnolia Table* is an invitation to share a seat at the table with Joanna Gaines and her family.

At Canadian Living, we believe that healthy, calorie-conscious eating doesn't mean giving up delicious

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meals or leaving the table feeling hungry. The trusted experts in the Canadian Living Test Kitchen have created a new collection of more than 90 flavour-packed, satisfying recipes for dinners you'll enjoy cooking and eating – all under 400 calories. How did we do it? A simple substitution here, a clever cooking technique there, and sometimes leaving out a high-calorie ingredient the dish just doesn't need. But we never cut back on great taste. Whether you're watching your diet carefully or simply want to eat better more often, you'll find satisfying pasta dishes and stir-fries, easy meal-in-a-bowl soups and stews, and dinner salads that will fill you up. For times when you'd like a guilt-free treat to round off dinner, we've even included our favourite new desserts that are 200 calories or less per serving. All of our recipes are Tested-Till-Perfect, so you can be confident they will always taste as good on your plate as they did in the Canadian Living Test Kitchen. More 400-Calorie Dinners is a companion volume to 2015's best-selling 400-Calorie Dinners, with all-new recipes in a compact, budget-friendly edition. The cookbook, part of Canadian Living's Essentials Collection, features mouthwatering colour photographs throughout, created by some of Canada's top food photographers and food stylists. Synopsis • Dinner recipes grouped into 6 categories to help readers navigate quickly • Special section of 200-calorie

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desserts • Includes family-friendly favourites in 400-calorie versions, including lasagna, chili, tacos and mac and cheese • Low-calorie side dishes to fill out a meal • 50+ professionally shot colour photographs • Helpful tips for cooking, shopping and preparing, plus make-ahead instructions and recipe variations • Comprehensive index that groups recipes into helpful categories; search by type of recipe (such as soup or stir-fry), ingredient (such as pork tenderloin or pasta) or recipe name • Full nutrient analysis of recipes

A good salad is a symphony of flavours and textures! Here, Canadian Living's food specialists have perfected 100 of their best salads, made with nutritious vegetables, grains, beans and fruit. You'll find hearty weeknight dinners, special salads for entertaining and plenty of potluck options. You'll also discover The Test Kitchen's best salad-making techniques and tips. This book is the only toolkit you need to make the most delicious Tested-Till-Perfect salads for any occasion.

Experience Yotam Ottolenghi's wholly original approach to Middle Eastern-inspired, vegetable-centric cooking with over 280 recipes in a convenient ebook bundle of the beloved New York Times bestselling cookbooks *Plenty More* and *Ottolenghi Simple*. From powerhouse chef and author (with over five million book copies sold) Yotam Ottolenghi comes this collection of two fan favorites. These

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definitive books feature over 280 recipes—spanning every meal, from breakfast to dessert, including snacks and sides—showcasing Yotam’s trademark dazzling, boldly flavored, Middle Eastern cooking style. Full of weeknight winners, for vegetarians and omnivores alike, such as Braised Eggs with Leeks and Za’atar, Polenta Chips with Avocado and Yogurt, Lamb and Feta Meatballs, Baked Orzo with Mozzarella and Oregano, and Halvah Ice Cream with Chocolate Sauce and Roasted Peanuts, Essential Ottolenghi includes: Plenty More: More than 150 dazzling recipes emphasize spices, seasonality, and bold flavors. Organized by cooking method, from inspired salads to hearty main dishes and luscious desserts, this collection will change the way you cook and eat vegetables. Ottolenghi Simple: These 130 streamlined recipes packed with Yotam’s famous flavors are all simple in at least (and often more than) one way: made in thirty minutes or less, with ten or fewer ingredients, in a single pot, using pantry staples, or prepared ahead of time for brilliantly, deliciously simple meals. The Low-Tech, No-Grow-Lights Approach to Abundant Harvest Year-Round Indoor Salad Gardening offers good news: with nothing more than a cupboard and a windowsill, you can grow all the fresh salad greens you need for the winter months (or throughout the entire year) with no lights, no pumps, and no greenhouse. Longtime gardener

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Peter Burke was tired of the growing season ending with the first frost, but due to his busy work schedule and family life, didn't have the time or interest in high-input grow lights or greenhouses. Most techniques for growing what are commonly referred to as "microgreens" left him feeling overwhelmed and uninterested. There had to be a simpler way to grow greens for his family indoors. After some research and diligent experimenting, Burke discovered he was right—there was a way! And it was even easier than he ever could have hoped, and the greens more nutrient packed. He didn't even need a south-facing window, and he already had most of the needed supplies just sitting in his pantry. The result: healthy, homegrown salad greens at a fraction of the cost of buying them at the market. The secret: start them in the dark. Growing "Soil Sprouts"—Burke's own descriptive term for sprouted seeds grown in soil as opposed to in jars—employs a method that encourages a long stem without expansive roots, and provides delicious salad greens in just seven to ten days, way earlier than any other method, with much less work. Indeed, of all the ways to grow immature greens, this is the easiest and most productive technique. Forget about grow lights and heat lamps! This book is a revolutionary and inviting guide for both first-time and experienced gardeners in rural or urban environments. All you need is a windowsill or two. In fact, Burke has grown up to six

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pounds of greens per day using just the windowsills in his kitchen! Year-Round Indoor Salad Gardening offers detailed step-by-step instructions to mastering this method (hint: it's impossible not to succeed, it's so easy!), tools and accessories to have on hand, seeds and greens varieties, soil and compost, trays and planters, shelving, harvest and storage, recipes, scaling up to serve local markets, and much more.

7 Ways to reinvent your favorite ingredients with more than 120 new, exciting and tasty recipes

Naked Chef television personality Jamie Oliver has looked at the top ingredients we buy week in, week out. We're talking about those meal staples we pick up without thinking – chicken breasts, salmon fillets, ground beef, eggs, potatoes, broccoli, mushrooms, to name but a few. We're all busy, but that shouldn't stop us from having a tasty, nutritious meal after a long day at work or looking after the kids. So, rather than trying to change what we buy, Jamie wants to give everyone new inspiration for their favorite supermarket ingredients. Jamie will share 7 achievable, exciting and tasty ways to cook 18 of our favorite ingredients, and each recipe will include no more than 8 ingredients. Across the book, at least 70% of the recipes will be everyday options from both an ease and nutritional point of view, meaning you're covered for every day of the week. With everything from fakeaways and traybakes to family and freezer favorites, you'll find bags of

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inspiration to help you mix things up in the kitchen. Step up, 7 Ways, the most reader-focused cookbook Jamie has ever written.

A Washington Post bestselling cookbook Become the favorite family chef with 100 tested, perfected, and family approved recipes. The healthy cookbook for every meal of the day: Once upon a time, Jenn Segal went to culinary school and worked in fancy restaurants. One marriage and two kids later she created Once Upon a Chef, the popular blog that applies her tried and true chef skills with delicious, fresh, and approachable ingredients for family friendly meals. With the authority of a professional chef and the practicality of a busy working mom, Jenn shares 100 recipes that will up your kitchen game while surprising you with their ease. • Helpful tips on topics such as how to season correctly with salt, how to balance flavors, and how to make the most of leftovers. • Great recipes for easy weeknight family dinners kids will love, indulgent desserts, fun cocktails, exciting appetizers, and more. • Jenn Segal is the founder of Once Upon a Chef, the popular blog showcasing easy, family friendly recipes from a chef's point of view. Her recipes have been featured on numerous websites, magazines, and television programs. Fans of Chrissy Teigen, Skinnytaste, Pioneer Woman, Oh She Glows, Magnolia Table, and Smitten Kitchen will love Once Upon a Chef, the Cookbook. With 100 tested,

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perfected, and family approved recipes with helpful tips and tricks to improve your cooking. • Breakfast favorites like Maple, Coconut & Blueberry Granola and Savory Ham & Cheese Waffles • Simple soups, salads and sandwiches for ideal lunches like the Fiery Roasted Tomato Soup paired with Smoked Gouda & Pesto Grilled Cheese Sandwiches • Entrées the whole family will love like Buttermilk Fried Chicken Tenders • Tasty treats for those casual get togethers like Buttery Cajun Popcorn and Sweet, Salty & Spicy Pecans • Go to sweets such as Toffee Almond Sandies and a Classic Chocolate Lover's Birthday Cake

As a writer for AskMen.com, Examiner.com, co-founder and Dating and Relationship Consultant for Suave Lover International and the Suave Lover Podcast, long term bartender and public health professional, I have direct client, personal and social experiences towards improving and solving pick up, dating and relationship situations. The young straight men I've seen and worked with, initially want two things, to meet more women and have more sex. What they don't know is that the success for those two things relies on more than specific pick up lines and rick suave moves, it involves becoming a better man. The current market for pickup and dating self-help material is overwhelming, objectifying, lacks universality and misses out on this concept. The Essentials provides quick answers for men who want

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to improve their success with women but with a focus on overall development. Packaged as a travel-friendly, one-stop summary of the very best advice, with sections ranging from self-improvement to creating and sustaining relationships, The Essentials is what you need to improve your current status as a Man. Problem: The current market for pickup and dating self-help material is overwhelming, objectifying, and lacks universality. Solution: The Essentials, packaged as a travel-friendly, one-stop summary of advice, avoids pick-up lines or rickshaw moves, and provides expert and concise answers for men who want to improve their success with women but with a focus on overall internal development. Short and to the Point: Read this - Meet more people, Have more sex, Improve yourself The practical art of making more with less--in the kitchen! Melissa Coleman, the creator of the popular design and lifestyle blog The Faux Martha, shares her refreshingly simple approach to cooking that delivers beautiful and satisfying meals using familiar ingredients and minimal kitchen tools. The Minimalist Kitchen includes 100 wholesome recipes that use Melissa's efficient cooking techniques, and the results are anything but ordinary. You'll find Biscuits with Bourbon-Blueberry Quick Jam, Pesto Garden Pasta with an easy homemade pesto, Humble Chuck Roast that's simple to prepare and so versatile, Roasted Autumn Sweet Potato Salad,

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Stovetop Mac and Cheese, and Two-Bowl Carrot Cupcakes. While The Minimalist Kitchen helps tackle one of the home's biggest problem areas Ñthe kitchenÑthis book goes beyond the basics of clearing out and cleaning up, it also gives readers practical tips to maintain this simplified way of life. Melissa shows you how to shop, stock your pantry, meal plan without losing your mind, and most importantly, that delicious food doesn't take tons of ingredients or gadgets to prepare. This streamlined way of cooking is a breath of fresh air in modern lives where clutter and distraction can so easily take over.

Vegetables are nature's biggest blessing on mankind and possess innumerable benefits. Here are a few of these discussed briefly.

- Vegetables can be consumed orally for health benefits.
- They can be applied externally for beautification.
- They can be blended into a liquid or any other form without losing their nutritional benefits.
- They are a good source of all important nutrients that are essential for health and well-being.
- They are also a staple food which gives the feeling of being "full" and satisfied.
- And lots more!

Vegetables are the only foods that can be consumed in the raw form as well as cooked into a number of dishes. If you are looking for recipes to incorporate vegetables into your daily routine, the following pages will help you get this job done!

Contained in the following pages are fifty vegetable

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recipes to help you get some veggies in your life. Keep reading to begin the journey towards a healthier you!

The ultimate guide for cooking outrageously delicious, vegetable-packed meals every day of the week, from bestselling author of *The Love & Lemons Cookbook*. Known for her insanely flavorful vegetable recipes and stunning photography, Jeanine Donofrio celebrates plants at the center of the plate with more than 100 new vegetarian recipes in *Love & Lemons Every Day*. In this book, Jeanine shows you how to make any meal, from breakfast to dessert, where produce is the star. Butternut squash becomes the best creamy queso you've ever eaten, broccoli transforms into a zesty green "rice" burrito filling, and sweet potato blends into a smooth chocolate frosting. These exciting and approachable recipes will become instant additions to your family's regular meal rotation. This book is a resource, filled with smart tips for happier, healthier eating. You'll find inspiration from Jeanine's signature colorful infographics - such as a giant matrix of five-ingredient salad dressings, a guide to quick weeknight pastas, and a grid to show you how to roast any vegetable. There are also plenty of practical charts, such as a template to make versatile vegetable broth, seasonal produce guides, and clever ideas to use commonly tossed vegetable parts -- you'll never toss those cauliflower cores,

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corn cobs, or broccoli stalks again! Packed with imaginative every day meals, go-to cooking tips, alternatives for dietary restrictions, and guides for mastering produce-based kitchen staples, *Love & Lemons Every Day* is a must-have for herbivores and omnivores alike.

A collection of 80 bistro-style dishes from top Canadian restaurants featuring fresh, local produce.

“In this remarkable new cookbook, Bergo provides stories, photographs and inventive recipes.”—*Star Tribune* As Seen on NBC's *The Today Show*! "With a passion for bringing a taste of the wild to the table, [Bergo's] inspiration for experimentation shows in his inventive dishes created around ingredients found in his own backyard."—*Tastemade* From root to flower—and featuring 180 recipes and over 230 of the author's own beautiful photographs—explore the edible plants we find all around us with the Forager Chef Alan Bergo as he breaks new culinary ground! In *The Forager Chef's Book of Flora* you'll find the exotic to the familiar—from Ramp Leaf Dumplings to Spruce Tip Panna Cotta to Crisp Fiddlehead Pickles—with Chef Bergo's unique blend of easy-to-follow instruction and out-of-this-world inspiration. Over the past fifteen years, Minnesota chef Alan Bergo has become one of America's most exciting and resourceful culinary voices, with millions seeking his guidance through his wildly popular website and video tutorials. Bergo's inventive culinary style is defined by his encyclopedic curiosity, and his abiding, root-to-flower passion for both wild and cultivated plants. Instead of

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waiting for fall squash to ripen, Bergo eagerly harvests their early shoots, flowers, and young greens—taking a holistic approach to cooking with all parts of the plant, and discovering extraordinary new flavors and textures along the way. The Forager Chef's Book of Flora demonstrates how understanding the different properties and growing phases of roots, stems, leaves, and seeds can inform your preparation of something like the head of an immature sunflower—as well as the lesser-used parts of common vegetables, like broccoli or eggplant. As a society, we've forgotten this type of old-school knowledge, including many brilliant culinary techniques that were borne of thrift and necessity. For our own sake, and that of our planet, it's time we remembered. And in the process, we can unlock new flavors from the abundant landscape around us. "[An] excellent debut. . . . Advocating that plants are edible in their entirety is one thing, but this [book] delivers the delectable means to prove it."—Publishers Weekly "Alan Bergo was foraging in the Midwest way before it was trendy."—Outside Magazine

An overwhelmingly gorgeous book, packed with simple and delicious recipes for salads and more from Montreal's favourite gourmet salad restaurant! There's nothing a Mandy's salad can't fix. Want an explosion of colour, texture, flavour and fabulousness? Look no further. Inside the pages of this stunning cookbook (and the Mandy's restaurants it's named after) lies everything you need to take your salad game from a meh-maybe, to wooooah, baby!! Mandy's gourmet salads are a jewel of Montreal's (jam-packed) food scene. What started as a

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3ft counter at the back of Mimi & Coco clothing store is now an 8 location success story, with ongoing expansion in every direction. Behind Mandy's are the irresistible Wolfe sisters, Mandy and Rebecca. Mandy is in charge of menu inspiration and creation; Rebecca leads the design of all their restaurant locations. More is more is the mantra for both: more colour, more texture, more vibrancy, more life! In Mandy's Gourmet Salads, Mandy and Rebecca talk you through how to create their coveted salads at home, including easy prep steps for essential ingredients, how to mix their famous dressings, and how to combine flavours and textures to create a salad masterpiece. Also inside are recipes for Mandy's nutritious, filling and fantastic grain bowls (for those who want a bit more sustenance) as well as chapters dedicated to smoothies and sweets (sharing Mandy's famous chocolate chip cookie recipe for the first time...). Perfectly timed for fresh summer living, Mandy's Gourmet Salads is a feast, for the eyes as well as the tastebuds!

Easy but elegant, simple but special - that's what today's entertaining is all about. And that's what "Canadian Living" brings you in the pages of this beautiful full-color cookbook. Getting together with family or friends is as popular now as it's ever been - whether it's a festive gathering at Christmas, an elegant dinner party or a relaxed summer barbecue. But today's busy cooks don't have time to fuss with complicated menus and elaborate planning.

When you're hosting a party, you need to create just the right mood -- and just the right food. That's easy when

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the experts in The Canadian Living Test Kitchen are there to offer their advice and their scrumptious, Tested-Till-Perfect entertaining recipes. The Appetizers Collection is your must-have party cookbook, packed with recipes for delicious small bites. Inside, you'll find a huge assortment to choose from: dips and spreads, hot and cold starters, skewers, finger sandwiches, snack mixes, canapés and much more. You can mix-and-match recipes to fit your gathering, or turn to one of the themed menu ideas for the perfect combination of dishes for a special occasion, such as a holiday open house, a wedding shower, a graduation party or simply a night in with your friends. To make entertaining easy, helpful tips on party planning are tucked into each chapter. Handy guides help you figure out how much food to make, how many drinks to provide, and efficient ways to prep and serve so you can get out of the kitchen and into the party. Celebrate in style with Canadian Living!

Pasta gives more pleasure to people than almost any other food you can think of. The Italians would never have survived without it, and a wave of their beloved pasta followed them as migrated across Europe to the new worlds in both hemispheres. This book celebrates the delicious simplicity of many popular classics, passed down over the generations, as well as introducing innovative recipes with a contemporary twist. All offer a trip around Italy without ever leaving home.

A good salad is a symphony of flavours and textures. Made with nutritious vegetables, grains, beans and fruit. You'll find hearty weeknight dinners, special salads for entertaining and plenty of potluck options. You'll also

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discover The Test Kitchen's best salad-making techniques and tips, from how to wash greens to the easiest homemade dressings to whip up. This book is the only toolkit you need to make the most delicious Tested-Till-Perfect salads for any occasion.

Best-selling author Dan Buettner debuts his first cookbook, filled with 100 longevity recipes inspired by the Blue Zones locations around the world, where people live the longest. Building on decades of research, longevity expert Dan Buettner has gathered 100 recipes inspired by the Blue Zones, home to the healthiest and happiest communities in the world. Each dish--for example, Sardinian Herbed Lentil Minestrone; Costa Rican Hearts of Palm Ceviche; Cornmeal Waffles from Loma Linda, California; and Okinawan Sweet Potatoes--uses ingredients and cooking methods proven to increase longevity, wellness, and mental health. Complemented by mouthwatering photography, the recipes also include lifestyle tips (including the best times to eat dinner and proper portion sizes), all gleaned from countries as far away as Japan and as near as Blue Zones project cities in Texas. Innovative, easy to follow, and delicious, these healthy living recipes make the Blue Zones lifestyle even more attainable, thereby improving your health, extending your life, and filling your kitchen with happiness.

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