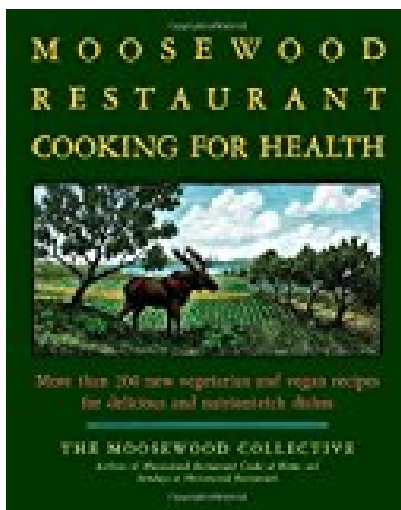


# The Moosewood Restaurant Cooking for Health More Than 200 New Vegetarian and Vegan Recipes for Delicious and Nutrient-Rich Dishes

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## BOOK DETAILS

- Author : Moosewood Collective
- Pages : 368 Pages
- Publisher : Simon & Schuster
- Language : English
- ISBN : 1416548874



## BOOK SYNOPSIS

Motivated by the simple principle that eating more vegetables, fruits, and whole grains keeps people healthier longer, the Moosewood Collective presents this all-new collection of more than 200 recipes that make whole foods wholly delicious. Moosewood Restaurants cookbooks have long been an essential resource for creative recipes for home cooks, recipes that make mindful eating an unqualified pleasure. In this latest book, the Collective has carefully crafted recipes that celebrate local and environmentally sustainable food and that reflect the latest thinking on good nutrition. From soups to desserts, the dishes in this book are distinctive, adventurous, and globally inspired. Including plenty of vegan, gluten-free, and raw food options, the book has something to please every taste. Polenta with Greens and Eggs or Whole Grain Pancakes will get the day started right; appetizers such as Chickpea Crêpes and Pineapple Salsa with Blueberries are festive for a casual gathering; and Southwestern Black Bean Burgers are a great choice for a cookout. Tofu, Leek, and Almond Stuffed Portabellas and Quinoa and Collard Leaf Dolmas are elegant choices for a more formal occasion. Desserts like Figs Baked with Chèvre and Pistachios, Chocolate Bark, and Sweet Potato Pie with Pecan-Oat Crust are naturally sweet and packed with nutrients. Each recipe comes with a detailed nutritional analysis as well as menu and serving suggestions. The Collective discusses everything from eating locally to the Glycemic Index, and the ideas and information will prove useful to both new vegetarians and those who grew up cooking with the Moosewood Restaurant. Eating well feels good. Moosewood Restaurant Cooking for Health is all about cooking for pleasure and cooking for health. You can do both!

**THE MOOSEWOOD RESTAURANT COOKING FOR HEALTH MORE THAN 200 NEW VEGETARIAN AND VEGAN RECIPES FOR DELICIOUS AND NUTRIENT-RICH DISHES** - Are you looking for Ebook The Moosewood Restaurant Cooking For Health More Than 200 New Vegetarian And Vegan Recipes For Delicious And Nutrient-Rich Dishes? You will be glad to know that right now The Moosewood Restaurant Cooking For Health More Than 200 New Vegetarian And Vegan Recipes For Delicious And Nutrient-Rich Dishes is available on our online library. With our online resources, you can find Applied Numerical Methods With Matlab Solution Manual 3rd Edition or just about any type of ebooks, for any type of product. Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. The Moosewood Restaurant Cooking For Health More Than 200 New Vegetarian And Vegan Recipes For Delicious And Nutrient-Rich Dishes may not make exciting reading, but Applied Numerical Methods With Matlab Solution Manual 3rd Edition is packed with valuable instructions, information and warnings. We also have many ebooks and user guide is also related with The Moosewood Restaurant Cooking For Health More Than 200 New Vegetarian And Vegan Recipes For Delicious And Nutrient-Rich Dishes and many other ebooks. We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with The Moosewood Restaurant Cooking For Health More Than 200 New Vegetarian And Vegan Recipes For Delicious And Nutrient-Rich Dishes. To get started finding The Moosewood Restaurant Cooking For Health More Than 200 New Vegetarian And Vegan Recipes For Delicious And Nutrient-Rich Dishes, you are right to find our website which has a comprehensive collection of manuals listed.