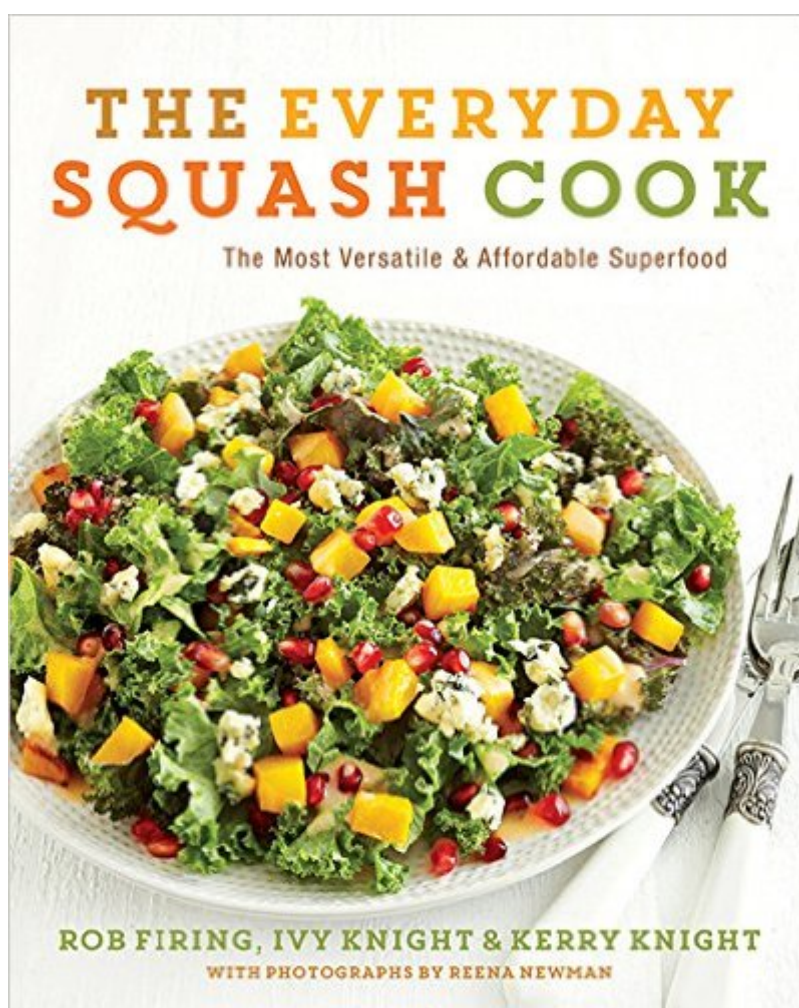


The book was found

# The Everyday Squash Cook: The Most Versatile & Affordable Superfo, The



## Synopsis

Pumpkin seeds are loaded with zinc, magnesium, vitamin E and healthy oils. One medium-sized zucchini has as much potassium as an average banana, and more than a cup of fat-free milk. Cucurbitacins, found in many types of squash, are powerful antioxidants and anti-inflammatories. There is promising research, too, supporting their anticancer properties. Canned pumpkin has more than 750% of the recommended daily value of Vitamin A in less than one cup, more than nearly any other natural food. Pumpkin, butternut, acorn, pattypan, zucchini, kabocha, hubbard, spaghettiâ”the variety of squashes is only surpassed by the number of ways you can enjoy their taste and nutritional benefits. Forget the mushy side dish you may be accustomed to eating at holiday dinners. You can make delicious sundae toppings, pancakes, muffins, breads, soups, dips, risotto, burgers, casserolesâ”and an incredibly easy butternut â œbaconâ • that youâ™I want to eat every day. Featuring more than 100 recipes from morning to night, The Everyday Squash Cook also includes tips on handling, cutting and storing squash and a handy visual guide to the most common varieties.

## Book Information

Paperback: 224 pages

Publisher: Collins (September 23, 2014)

Language: English

ISBN-10: 1443424463

ISBN-13: 978-1443424462

Product Dimensions: 8 x 0.9 x 10 inches

Shipping Weight: 2.1 pounds

Average Customer Review: Be the first to review this item

Best Sellers Rank: #1,666,018 in Books (See Top 100 in Books) #760 in Books > Cookbooks, Food & Wine > Cooking Methods > Budget #1342 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables

[Download to continue reading...](#)

The Everyday Squash Cook: The Most Versatile & Affordable Superfo, The Linux + C: Start Working with the Most Powerful Language and the Most Versatile Operating System Raising Big Smiling Squash Kids: The Complete Roadmap For Junior Squash The Ultimate Guide to Weight Training for Racquetball & Squash (Ultimate Guide to Weight Training: Racquetball & Squash) Squash Basics - How To Play Squash Squash For Beginners: Squash Basics How to Referee

Squash: Squash: how to mark and referee Dvorak - Romantic Music's Most Versatile Genius: Unlocking the Masters Series, No. 5 (Amadeus) Vegan: 31 Affordable Plant-Based Vegan Diet Recipes (vegan diet, plant based, vegan cook book, oil free) Copper Jewelry Collection: Versatile Projects to Expand Your Skills Grasses: Versatile Partners for Uncommon Garden Design Versatile Router (Fine Woodworking DVD Workshop) Home Security Basics: The easiest and most affordable ways to improve your home security. Thanksgiving: How to Cook It Well: How to Cook It Well Employee Number 2: The Story of John Cook and Cook's Pest Control Paleo:Ultimate Pale Diet Cook Book For Beginners-MELT 10 POUNDS IN 14 DAYS MEAL PLAN +100 Recipes,(FREE BONUS INCLUDED),Paleo Diet Plan, Paleo Diet cookbook: Paleo Diet Cook Book For Beginners How to Cook for Food Allergies: Understand Ingredients, Adapt Recipes with Confidence and Cook for an Exciting Allergy-free Diet Everyday Thai Cooking: Easy, Authentic Recipes from Thailand to Cook for Friends and Family Recipes for Everyday Box Set (6 in 1): Cook with Your Dutch Oven, Pressure Cooker, Cast Iron, and Much More (Special Appliances) Low-Carb Essentials Cookbook: Everyday Low-Carb Recipes You'll Love to Cook (Best of the Best Presents)

[Dmca](#)