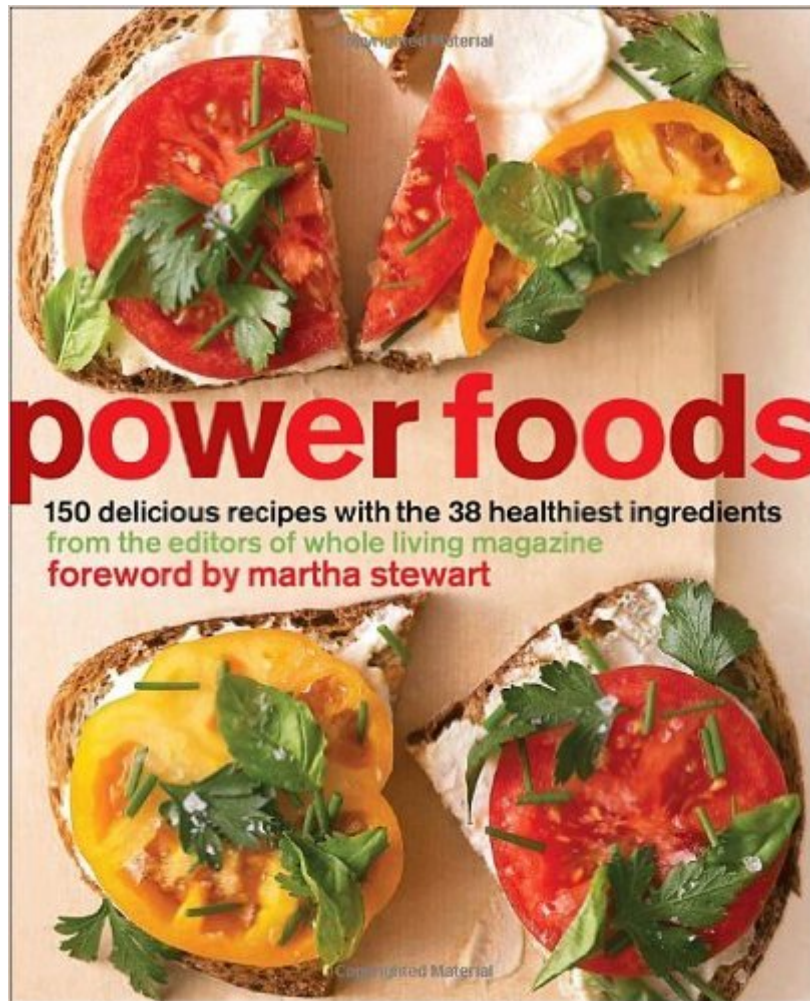


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# Power Foods: 150 Delicious Recipes With The 38 Healthiest Ingredients



## Synopsis

Many of our favorite ingredients—such as berries, tomatoes, and nuts—are among the healthiest foods on earth, and by simply incorporating more of them into our everyday meals, we can all lead healthier lives. Here are 150 fantastic ways to help you do just that. Organized into chapters on breakfast, snacks, sandwiches, soups, salads, main dishes, side dishes, and desserts, the recipes are accompanied by simple instructions and beautiful photographs to keep you inspired to eat well at any time of the day. Stay motivated with tempting recipes such as: Breakfast: Pecan Pancakes with Mixed Berry Compote; Mushroom and Scallion Frittata Starters and Snacks: Sweet Potato Hummus; Beet Chips Sandwiches and Wraps: Salmon Salad and Curried Egg on Multigrain Bread; Kiwifruit Summer Roll Soups and Stews: Golden Pepper Soup; Chili with Chicken and Beans Salads: Quinoa and Corn Salad with Pumpkin Seeds; Endive, Avocado, and Grapefruit Salad Main Dishes: Citrus-Roasted Salmon with Spring Pea Sauce; Soba Noodle, Tofu, and Vegetable Stir-fry; Turkey Cutlets with Tomatoes and Capers Side Dishes: Cauliflower and Barley Salad with Toasted Almonds; Edamame Succotash Desserts: Lemon Cream with Blackberries; Double Dark Chocolate and Ginger Biscotti

Beyond these wonderful recipes, the editors of Whole Living magazine include research-backed information about the health benefits and disease-fighting properties of 38 power foods, along with nutritional data and helpful tips on storing, preparing, and cooking them. In this one-stop resource, you'll learn all about stocking a healthy pantry, eating seasonally, understanding food labels, and when it's best to splurge for organic ingredients. These 38 Power Foods are:

- Asparagus
- Artichokes
- Avocados
- Beets
- Bell Peppers
- Broccoli
- Brussels Sprouts
- Carrots
- Kale
- Mushrooms
- Spinach
- Sweet Potatoes
- Swiss Chard
- Tomatoes
- Winter Squash
- Apricots
- Berries
- Citrus
- Kiwifruits
- Papayas
- Pears
- Brown Rice
- Oats
- Quinoa
- Dried Beans
- Green Peas
- Soybeans/Edamame
- Almonds
- Pecans
- Pistachios
- Walnuts
- Flaxseed
- Pumpkin Seeds
- Eggs
- Yogurt
- Sablefish
- Rainbow Trout
- Wild Alaskan Salmon

With 150 quick, flavor-packed recipes using the 38 healthiest foods nature has to

offer, Power Foods makes eating well simple and more delicious than ever before.

## Book Information

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## Customer Reviews

This comes from the publishers of Whole Living magazine, part of the Marth Stewart empire. The magazine focuses on holistic (wholistic) living that seeks to improve the physical, emotional, spiritual, social and environmental imbalances in our lives. In practical terms, this means yoga, stress reduction, healthy eating, spiritual tranquility....you get the idea. Although I don't buy into all of this, we could all stand for more of it. This cookbook focuses on the healthy eating part. It contains beautiful pictures, straightforward recipes(not too many ingredients that are not too difficult to obtain) and some practical advice. Expect recipes with beets, salmon, nuts, eggs, healthy grains (e.g., quinoa) and more. I enjoy cooking and have a bookshelf of cookbooks, including Martha's two previous cookbooks. This book has the healthiest recipes of the group, but all her books have great recipes. There are few things put out by Martha Stewart living that aren't well conceived (no, I'm not a paid spokesperson).There is an arm of nutrition research that is headed in the direction of this type of cooking: limiting wheat (gluten), limited saturated fat (no or minimal dairy, beef, pork or even fowl), low salt and sugar, incorporating healthy oils (nuts, olive oil), minimal processing, etc. Much of this is vegan cooking. Say goodbye to the Heart Attack Grill. If you have Celiac's disease, many of the recipes will suit you. This would also be good for people who have genetically related inflammatory-type diseases (e.g., Crohn's, ulcerative colitis, arthritis, diabetes, etc.). Anecdotally, this type of diet has also been used with autistic children with some success.Want to live to be 137?

This is a great introduction into this type of cooking. If you are looking for a start into a truly healthy lifestyle, I recommend this text.

As a Whole Living reader, I was looking forward to purchasing this book. After looking over the reviews, however, I felt discouraged and decided not to buy it. How fortunate that I received it as a Valentine's Day gift, however! This is a great go to cookbook and an excellent value for the price. Since we got it, we've made 10 or so recipes and each one has been great. Yes, the recipes are simple, but delicious and satisfying. I really like how most recipes have only a few ingredients, many of which I already have, so it's a great resource for planning meals ahead of time.

I am really enjoying "Power Foods" and can highly recommend it for people who are interested in adding more vegetables and grains to their diet. If that is your goal you will find this book very informative. The photos are beautiful. Every recipe has a photo which I personally think makes for a better cookbook. There are recipes that do incorporate meat, fish and poultry but they are few and far between. I especially like the section on healthy snacks. Snacking is my downfall because I usually grab something that is not good for me while I'm working on dinner or in the afternoon when I need an energy boost. This book offers some very delicious options for snacking. Granted, I'm going to have to plan ahead to be sure they are ready when I am, but I've made that commitment and am loving it. I love to cook but these recipes are for cooks of all levels of experience. You don't have to be a chef in the kitchen to whip up a batch of tasty beet chips. I'm really enjoying this book and think most people who are interested in eating healthier will too. Power Foods: 150 Delicious Recipes with the 38 Healthiest Ingredients

I love this cookbook. I am a graduate of Le Cordon Bleu Cooking School in Scottsdale, Arizona. I have always had great interest in gourmet type cooking but now healthy is what I am looking for and found it in this great cookbook. Not only are these recipes healthy but they are also delicious! Sure there have been one or two recipes that are not my style but the majority of the recipes are wonderful. In order to evaluate a cookbook, you need to try MANY of the recipes and not just one or two. I have tried 12 out of 150 recipes so far which isn't that many and only one has fallen flat (Spiced Nuts and Seeds) and that was because it was bitter with the quinoa. The saponins in the outer coating of the quinoa are bitter. Perhaps the quinoa I bought hadn't been properly washed to remove it or it should be cooked and dried as was recommended for another recipe in the book. It might not be the recipe but the preparation of the quinoa that I bought that caused the problem. My

favorite recipes so far are Quinoa, Apricot and Nut Clusters, Kiwifruit Summer Rolls, Spicy Sweet Potato Soup, Sablefish (didn't find sablefish and used snapper instead) in Tomato Saffron Stew, Roasted Salmon and Parsnips with Ginger, Shrimp with Kiwi Lime Relish and Berry Grunt. I am looking forward to trying more of the recipes. Beautiful photos, excellent information on recipe nutrition values, great information at the front of the book on what each power food does for you. A great cookbook!

Thoroughly enjoy this book! I love that EVERY recipe has a beautiful photograph to accompany it! The book has great guides on how to properly buy and store certain foods as well as a lot of information on the health benefits of the ingredients. Every meal is low cal and high in nutrition, while still allowing for certain indulgences like goat cheese and chocolate!! absolutely recommend this book if you are looking for healthy inspiration in the kitchen!

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