

Goya Beans Gluten Free

"It's Moosewood's world. We're just eating in it." —Christine Muhlke, *The New York Times* The creators of America's beloved natural foods restaurant, Moosewood, are back with *The Moosewood Restaurant Table*, their new book with over 250 brand new, never-before-published recipes. With the restaurant now in its fifth decade, the Moosewood chefs continue to remain faithful to the farm-to-table philosophy that has governed the restaurant since its founding, while also keeping an eye on today's gastro-trends. As they say "We've gotten to know our customers and readers pretty well... their curiosity and culinary IQ have grown exponentially... We've been on some adventures developing this book..." Indeed, they have, working with some less common fruits and vegetables that you might find in your CSA, like Romanesco broccoli and watermelon radishes. They've begun cooking with a wider variety of grains like freekeh and millet. All this experimentation has led them to some great new recipes: Two Potato Tomato Curry Cashew-Crusted Chickpea Burgers Cuban Picadillo with Tofu Pot Pies for Autumn Winter and Spring Butternut Latkes Jamaican Jerk Tempeh Patties and plenty more. Of course, a Moosewood cookbook wouldn't be complete without desserts like Turkish Coffee Brownies, Orange Pistachio Cornmeal Cake or Cherry Tomato Upside Down Cake to mention just a few. Including a healthy number of both vegan and gluten-free recipes, *The Moosewood Restaurant Table* is the next classic from the restaurant that revolutionized natural eating in the US.

Easy and delicious recipes for busy families from the TODAY show's West Coast anchor and host of NBC's Access. As the beloved and longtime news anchor and co-host of the TODAY show, current West Coast anchor of the TODAY show, host of Access, and co-host of Access Live, as well as the mother of two young boys, Natalie Morales knows how hard it can be night after night to get a healthful dinner on the table that the whole family will enjoy. Morales was born in Taiwan to a Brazilian mother and Puerto Rican father, and she lived around the world as a child—Panama, Spain, and Brazil. That multicultural experience fed her love for good food, but it's her experience as a working mom that taught her how to cook on the run and keep her recipes healthful. The result is a personal collection of 125 recipes Morales makes at home for her family, including Chicken in Garlic Sauce, Grilled Chimichurri Soy Steak, Sweet and Spicy Slow Roasted Pork, and Pesto Shrimp with Lemon Pepper Fettuccine. "For years I've enjoyed Natalie Morales in the mornings. With this book, I can enjoy her three meals a day."—Giada De Laurentiis "Natalie's vibrancy for life, food, and her culture make this cookbook one that everyone should own!"—Jenna Bush Hager, contributing correspondent for NBC News and editor-at-large for Southern Living "I've sat around Natalie's cozy kitchen table many times, and this book is a bog ol' dose of heart and home."—Kit Hoover, cohost on Access Hollywood Live

The newest edition of the most trusted nutrition bible. Since its first, highly successful edition in 1996, The Academy of Nutrition and Dietetics Complete Food and Nutrition Guide has continually served as the gold-standard resource for advice on healthy eating and active living at every age and stage of life. At once accessible and authoritative, the guide effectively balances a practical focus with the latest scientific information, serving the needs of consumers and health professionals alike. Opting for flexibility over rigid dos and don'ts, it allows readers to personalize their own paths to healthier living through simple strategies. This newly updated Fifth Edition addresses the most current dietary guidelines, consumer concerns, public health needs, and marketplace and lifestyle trends in sections covering Choices for Wellness; Food from Farm to Fork; Know Your Nutrients; Food for Every Age and Stage of Life; and Smart Eating to Prevent and Manage Health Issues.

Who would have thought a simple bean could do so much? Heirloom bean expert Steve Sando provides descriptions of the many varieties now available, from Scarlet Runners to the spotted Eye of the Tiger beans. Nearly 90 recipes in the book will entice readers to cook up bowls of heartwarming Risotto and Cranberry Beans with Pancetta, or Caribbean Black Bean Soup. Close-up photos of the beans make them easy to identify. Packed with protein, fiber, and vitamins, these little treasures are the perfect addition to any meal.

Free for All Cooking

Healthified Gluten-Free Comfort Food

from the UK's number 1 food blog a real mum's 100 easy everyday recipes for the whole family

Eat the Foods You Love, Regain Your Health, and Lose the Weight for Good!

Academy Of Nutrition And Dietetics Complete Food And Nutrition Guide, 5th Ed

GLUTEN-FREE MILK-FREE MOSTLY VEGETARIAN

The First Year: Celiac Disease and Living Gluten-Free

The Weekly Menu I

Weight-conscious food lovers no longer need to deprive themselves of the ever-popular cuisine of Italy. Award-winning celebrity chef and #1 New York Times bestselling author Rocco DiSpirito's latest Now Eat This! book is the solution. In his signature style, DiSpirito has recreated 100 classic Italian recipes to be healthy and low in calories and fat-yet still full of flavor. After travelling to Italy and perfecting the dishes side-by-side with the chefs who make them best-the Italian mamas-he offers sinful pastas, sauces, and desserts you never thought you could eat while keeping healthy, including: Spaghetti with My Mama's Meatballs, Mozzarella en Carozza, Chicken Parmigiana, Hand-Torn Pasta alla Bolognese, Sausage and Peppers, Classic Cannoli, Chocolate and Hazelnut Espresso Budino, and much more! Now Eat This! Italian proves that Italian food doesn't have

to be calorie-packed to be delicious. All under 350 calories, these full-flavor, low-fat recipes are sure to indulge your appetite without packing on the pounds.

2016 James Beard Award nominee and 2016 Books For A Better Life Award winner A beautiful, unique cookbook with delicious recipes for all stages of cancer treatment and recovery, from a two-time cancer survivor and founder of the Cook for Your Life nutrition-based cooking programs. Cook for Your Life is a one-of-a-kind cookbook for those whose lives are touched by cancer, organized by the patient's needs. Self-taught home cook and two-time cancer survivor Ann Ogden Gaffney discovered during her months of treatment for breast cancer that she was able to find powerful relief for her symptoms through cooking. Realizing that other patients and families could benefit from the skills and techniques she'd learned, she began to offer advice, recipes, and free classes to fellow patients. A former fashion consultant, Gaffney realized after her treatment that her heart was no longer in seasonal colors and hemline trends. Instead, she wanted to help people with cancer and their families cook and care for themselves. In 2007, the nonprofit organization Cook for Your Life was born. Its programs have received funding from the National Institutes of Health (NIH) and have been embraced by organizations such as Columbia University's Mailman School of Public Health, Mount Sinai Health System, Atlantic Health System Cancer Care, the American Cancer Society's Hope Lodge in New York City, and more. Cook for Your Life has touched hundreds of thousands of lives. Now Gaffney delivers her very first highly anticipated cookbook, based on Cook for Your Life's classes. So many cancer cookbooks are too complicated to follow for someone going through the treatment, or too clinical and uninspired to encourage anyone with compromised taste buds to enjoy. This is the first cookbook to organize the recipes into categories according to the way patients feel and their needs in the moment--for example, "Simple" recipes when the patient is fatigued, "Safe" recipes when a patient's immune system is compromised, and "Spicy" recipes when a patient is feeling better and needs to wake up her taste buds. With its warmth, authority, beautiful design, and smartly conceived format, Cook for Your Life empowers patients and families to cook their way back to health.

New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country. With award-winning writing and photography covering everything from politics and food to theater and fashion, the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself, while celebrating New York as both a place and an idea.

The Ultimate Guide to the Daniel Fast is an inspiring resource for Christians who want to pursue a more intimate relationship with God through the 21-day commitment to prayer and fasting known as the Daniel Fast. As you deny yourself certain foods—such as sugars, processed ingredients, and solid fats—you will not only embrace healthier eating habits, you'll also discover a greater awareness of God's presence. Author Kristen Feola explains the Daniel Fast in easy-to-understand language, provides 21 thought-provoking devotionals for each day of the fast, and shares more than 100 tasty, easy-to-make recipes that follow fasting guidelines. In a conversational style, Feola helps you structure the fast so you can spend less time thinking about

what to eat and more time focusing on God. You will also discover that “to fast” means “to feast” on the only thing that truly nourishes?God’s powerful Word. For more info, please visit www.ultimatedanielfast.com.

The Moosewood Restaurant Table

Minimalist Baker's Everyday Cooking

26 Weeks of Gluten-Free, Affordable Meal Prep to Preserve Your Time & Sanity

What Good Cooks Know

Michael Moorcock's Elric Vol. 4: The Dreaming City

Vegetarian Times

How Can It Be Gluten Free Cookbook Collection

The Elric Saga Part 1

Get the recipes everyone is talking about in the debut cookbook from the wildly popular blog, Skinnytaste. Gina Homolka is America’s most trusted home cook when it comes to easy, flavorful recipes that are miraculously low-calorie and made from all-natural, easy-to-find ingredients. Her blog, Skinnytaste is the number one go-to site for slimmed down recipes that you’d swear are anything but. It only takes one look to see why people go crazy for Gina’s food: cheesy, creamy Fettuccini Alfredo with Chicken and Broccoli with only 420 calories per serving, breakfast dishes like Make-Ahead Western Omelet "Muffins" that truly fill you up until lunchtime, and sweets such as Double Chocolate Chip Walnut Cookies that are low in sugar and butter-free but still totally indulgent. The Skinnytaste Cookbook features 150 amazing recipes: 125 all-new dishes and 25 must-have favorites. As a busy mother of two, Gina started Skinnytaste when she wanted to lose a few pounds herself. She turned to Weight Watchers for help and liked the program but struggled to find enough tempting recipes to help her stay on track. Instead, she started “skinny-fying” her favorite meals so that she could eat happily while losing weight. With 100 stunning photographs and detailed nutritional information for every recipe, The Skinnytaste Cookbook is an incredible resource of fulfilling, joy-inducing meals that every home cook will love.

Gluten-free cooking has never been this easy—or affordable! Tired of spending three times as much (or more) on gluten-free prepared foods? If you’re ready to slash the cost of your grocery bill, you’ve come to the right place. In *Gluten-Free on a Shoestring*, savvy mom Nicole Hunn shows how every gluten-free family can eat well without breaking the bank. Inside this comprehensive cookbook, you’ll find 125 delicious and inexpensive gluten-free recipes for savory dinners, favorite desserts, comfort foods, and more, plus Nicole’s top money-saving secrets. Recipes include: Apple-Cinnamon Toaster Pastries • Focaccia • Spinach Dip • Ricotta Gnocchi • Chicken Pot Pie • Szechuan Meatballs • Tortilla Soup • Baked Eggplant Parmesan • Never-Fail White Sandwich Bread • Banana Cream Pie with Graham Cracker Crust • Blueberry Muffins • Cinnamon Rolls • Perfect Chocolate Birthday Cake With advice on the best values and where to find them, meal planning strategies, and pantry-stocking tips, *Gluten-Free on a Shoestring* is your essential guide. Never fall victim to the overpriced, pre-packaged gluten-free aisle again. Roll on by—happier, healthier, and wealthier.

Cannelle et Vanille's Aran Goyoaga shares 100 recipes that showcase how uncomplicated and delicious gluten-free baking can be. Her previous cookbook was a Most-Anticipated Fall Cookbook from Food & Wine, Food52 and Bon Appetit, a New York Times Holiday Books Pick, and a 2020 James Beard Award Semifinalist. *Cannelle et Vanille Bakes Simple* is all about easy-to-follow, gluten-free recipes for enticing breads, cakes, pies, tarts, biscuits, cookies, and includes a special holiday baking chapter. Aran also shares her gluten-free all-purpose baking mix so you can whip up a batch to keep in your pantry. An added bonus is that each recipe offers dairy-free substitutions and some are naturally vegan as well. With inventive, well-tested, recipes and Aran's clear guidance (plus 145 of her stunning photos), gluten-free baking is happily unfussy, producing irresistibly good results every time. Recipes include: • One-Bowl Apple, Yogurt, and Maple

Cake • Double Melting Chocolate Cookies • Honeyed Apple Pie • Buttery Shortbread • Lemon Meringue Tartlets • Baguettes, brioche, and boules • Crispy Potato, Leek, and Kale Focaccia Pie • Pumpkin and Pine Nut Tart • And so many more tempting recipes

The award-winning gluten free baker and allergy-friendly cooking expert shares 150 recipes everyone at your table can enjoy—from breakfast to dessert. Many people following a gluten-free diet also have other food sensitivities to contend with, whether their own or of a family member's. With millions of people suffering from intolerances or allergies to common ingredients, cooking a family meal can seem like an impossible task. But now, parents can rejoice—no longer do they need to prepare different meals for different family members based on individual food sensitivities. In *Free For All Cooking*, Jules E. Dowler Shepard offers 150 easy and uncompromisingly delicious recipes that are free of major allergen ingredients, including gluten, dairy, nuts, soy, eggs, and more. Full of kid-friendly meals and desserts plus money-saving strategies, *Free For All Cooking* is an ideal resource for every kitchen. Recipes include allergen-free Crusty French Baguettes, Southern Biscuits, Chewy Chocolate Chip Cookies, Dairy-Free Cheesecake, and many others.

At Home with Natalie

The Big Book of Gluten-Free Recipes

Clean Desserts

Chocolate-Covered Katie

Now Eat This! Italian

Just One Cookbook

Once Upon a Chef: Weeknight/Weekend

Cannelle et Vanille

Popular husband-and-wife bloggers and podcasters (acouplecooks.com) offer 100 recipes with an emphasis on whole foods and getting into the kitchen together. The couple's non-diet approach features simple lifestyle changes to make healthy cooking sustainable, rather than a short-term fix. A love story at its finest, Alex and Sonja Overhiser first fell for each other—and then the kitchen. In a matter of months, the writer-photographer duo went from eating fast and frozen food to regularly cooking vegetarian meals from scratch. Together, the two unraveled a "pretty simple" approach to home cooking that kicks the diet in favor of long-term lifestyle changes. While cooking isn't always easy or quick, it can be pretty simple by finding love in the process. *A Couple Cooks | Pretty Simple Cooking* is an irresistible combination of spirited writing, nourishing recipes with a Mediterranean flair, and vibrant photography. Dubbed a "vegetarian cookbook for non-vegetarians", it's a beautiful book that's food for thought, at the same time providing real food recipes for eating around the table. The book features: 100 vegetarian recipes, with 75 vegan and 90 gluten-free options A full-color photograph for every recipe Recipes arranged from quickest to more time-consuming 10 life lessons for a sustainably healthy approach to cooking, artfully illustrated with a custom watercolor

Gluten-free on a Shoestring 125 Easy Recipes for Eating Well on the Cheap Da Capo Press

Collects economical gluten-free recipes for blueberry muffins, soft pretzels, macaroni and cheese, and chocolate-chip cookies, with information on bulk buying, coupon strategies, using naturally gluten-free

foods, and equipment.

NEVER COOK SEPARATE MEALS AGAIN! 100 yummy recipes from the UK's number 1 food blog. Most parents have to deal with the fateful 'Fussy Eater' at some point in their lives - let My Fussy Eater show you the easy way to get your children eating a variety of healthy, delicious foods. Packed full of family-friendly recipes, entire meal plans and the all-important tips on dealing with fussy eaters, you'll be guided every step of the way. You'll no longer need to cook separate meals for you and your children - saving time, money and stress. The never-seen-before recipes will take 30 minutes or less to prepare and cook, using simple, everyday ingredients. Make in bulk for easy meal times, and get your fussy eaters finally eating fruit and vegetables! My Fussy Eater provides practical, easy and delicious solutions for fussy eaters the whole family can enjoy!

Over 80 Delicious Recipes That Are Secretly Good for You

125 Easy Recipes for Eating Well on the Cheap

Light on Calories, Big on Flavor

250 Brand-New Recipes from the Natural Foods Restaurant That Revolutionized Eating in America

New York

70 Quick-Fix Weeknight Dinners + 30 Luscious Weekend Recipes: a Cookbook

Recipes from Rancho Gordo

The Everything Gluten-Free Slow Cooker Cookbook

The Weekly Menu is a must-have gluten-free cookbook! The Weekly Menu I is a curated collection of yummy comfort foods from favorite cookbooks, the Food Network or popular food blogs. The recipes were converted into gluten-free and dairy-light versions of the original. And they simply taste delicious! Over 50+ recipes include favorites like: Chicken Andouille Gumbo Sloppy Joes White Chicken Enchiladas Oven Baked Chicken Tenders with Buffalo Sauce Spicy Turkey Meatball Sandwiches Italian Veggie Popover Pizza Teriyaki Chicken Tenders No Cheese Mini Quiches Mini Pepperoni Pizzas Carrot Cake Muffins Sweet Potato Brownies Chocolate Zucchini Muffins The Weekly Menu makes planning gluten-free dinners simple and convenient. It is organized into six weekly menu plans with kitchen tips and beautiful color pictures. Most weeknight recipes are quick and easy to prepare with simple ingredients in the pantry, fresh produce and lean protein. Once a week, you will find a vegetarian or meatless dish as well. There are delish breakfast muffins and cookies, as well as finger foods or appetizers that are perfect for entertaining diet-restricted friends. Since most of the original recipes made enough food for 4-8 people, portions were reduced to an appropriate meal for two adults in order to save money and reduce food waste. If you have a larger family, simply double

***the ingredients or check out the link to the original recipes (it's much easier to multiply than divide).
Bon Appétit!***

From World Fantasy Lifetime Achievement Award winner Michael Moorcock comes the first book in his famous Elric of Melniboné series, brought to vivid new life with stunning illustrations. In one of the most well-known and well-loved fantasy epics of the 20th century, Elric is the brooding, albino emperor of the dying Kingdom of Melnibone. With Melnibone's years of grandeur and decadence long since passed, Elric's amoral cousin Yrkoon sets his eyes on the throne. Elric, realizing he is his country's best hope, must face his nefarious cousin in an epic battle for the right to rule. Elric of Melnibone is the first in Michael Moorcock's incredible series, which created fantasy archetypes that have echoed through the genre for generations. The beautiful, vivid illustrations bring new life to the story and are sure to captivate fans, new and old.

The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes: • Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare. • Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap • Essential plant-based pantry and equipment tips • Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

Offers an array of gluten-free slow-cooking recipes with tips and advice on eliminating wheat derivatives.

More Than 500 Easy Gluten-Free Recipes for Healthy and Flavorful Meals

An Essential Guide for the Newly Diagnosed

Heirloom Beans

Nourishing, Gluten-Free Recipes for Every Meal and Mood

Cook for Your Life

The Ultimate Guide to Cooking with the World's Most Versatile Plant-Based Protein, with 125 Recipes

[A Cookbook]

Cool Beans

THIS IS A COOKBOOK FOR THE DIGESTIVELY CHALLENGED

The ultimate cookbook for anyone eating gluten free Combines two landmark cookbooks--New York Times bestselling The How Can It Be Gluten-Free Cookbook and The How Can It Be Gluten-Free Cookbook: Volume 2--into one must-have resource. Here are 350+ must-have recipes that raised the bar on gluten-free cooking and baking with foolproof techniques for great-tasting lasagna, fried chicken, cookies, biscuits, and more. PLUS find a new generation of whole-grain recipes perfected using ATK's revolutionary Whole-Grain Gluten-Free Flour Blend, bringing "wheaty" flavor to baked goods from Sandwich Bread to Cherry Crisp and Chocolate Chip Cookies. We also offer 75 dairy-free variations and include an expanded troubleshooting chart for what can go wrong in gluten-free baking, over 600 full-color photos, a chapter on Grains, and detailed nutritional information for every recipe. We also give you information on the best supermarket gluten-free breads and pasta, including all-new information on legume pastas. Standout Recipes from the First Best-Seller Include:

- Old-Fashioned Birthday Cake: A little melted white chocolate makes the cake tender and moist.
- Extra-Crunchy Fried Chicken: Our kitchen developed a coating so crisp you can hear the crunch
- Flaky, Tender Pie Crust: A spoonful of vinegar helps GF flours create just the right structure.
- Real Sandwich Bread: Forget squat slices; psyllium, eggs, and a foil collar are the keys to real bread.
- New York-Style Pizza: Ground almonds give the crust just the right chew and promote browning. Plus from Volume 2:
- More than 150 recipes from muffins to casseroles to yeast breads to desserts
- Exciting recipes such as chicken Parmesan, baguettes, yeasted doughnuts, scones, sprouted grain bread, flourless nut and seed bread, and lemon layer cake
- Many dairy-free variations of baked goods using alternate dairy products
- Baking recipes using the ATK All-Purpose Gluten-Free Flour Blend (equivalent to all-purpose flour) in cookies, bars, muffins, scones, cakes, and breads
- Nutritional information for every recipe

Customer Review: "I am loving this cookbook. It is so clearly written and the directions are very precise. It is fantastic to be able to make bread again - and it is delicious. I love the options for flour - you can make your own flour for the best results or you can buy a GF flour. Definitely give the homemade flour a try at some point. I can't wait to try other recipes but right now I am focused on making bread."

Hundreds of delicious, gluten-free recipes for every occasion! The Big Book of Gluten-Free Recipes is the perfect guide for creating family-friendly gluten-free meals. It includes detailed instructions as well as a variety of easy-to-make dishes that are not only bursting with flavor, but also missing those key ingredients that you really don't want to use--wheat, barley, and rye. Featuring more than 500 mouthwatering gluten-free recipes, you will find something to satisfy everyone,

including: Pull-apart cinnamon raisin biscuits Sicilian eggplant rolls Sausage and shrimp jambalaya Lamb with garlic, lemon, and rosemary Blueberry-peach cobbler Maple pumpkin spice lattes With so many simple, gluten-free dishes in one volume, you'll never have to look anywhere else for wholesome meals that your entire family will love!

From the James Beard-recognized creator of the Bon App é tit-lauded food blog comes 100 recipes that show us how to bring more joy, mindfulness, and connection to the kitchen through family-friendly meals The recipes in this critically acclaimed cookbook are organized around the day: start off with Spicy Carrot, Grapefruit, and Sunflower juice Soft-cooked Eggs with Dukkah and Bitter Greens; and move on to Tomato, Corn, and Bread Salad at midday. There is a chapter of everyday dinners you can prepare on a weeknight, such as a simple spaghetti and meatballs supper or Braised Chicken with Apples and Cider. You'll also find a chapter of menus to inspire you when you want to gather together a larger group of friends and family which Aran heartily encourages! She is especially known for her tender, gluten-free baking, and the book includes recipes for her sourdough bread, caramelized onion and fennel biscuits, and apple tarte tatin (with flour substitutions are included for those who aren't gluten-free). Filled with Aran's gorgeous photographs, you will also find suggestions sprinkled throughout the book for creating a welcoming space with lighting, linens, flowers, and flatware, along with gentle encouragement to spend time in the kitchen nourishing yourself as well as those you love. "A beautiful expression of how Aran feeds her family and friends simple foods like buttermilk-brined chicken and roasted carrot and cashew soup. This is a book for all cooks." —Amanda Hesser and Merrill Stubbs, founders of Food52

A stunning comic adaptation of the classic Elric of Melnibon é novels by Michael Moorcock! The albino emperor, Elric of Melnibon é , is exiled from his home and cursed to walk the land under the influence of the god of chaos, Arioch. With his sword Stormbringer, Elric must find his way through the unknown, unaware he is being sought by his long-lost love. But is she looking to re-kindle their love, or something far more sinister?

Includes Butternut Squash with Walnuts and Vanilla, Peruvian Roast Chicken with Red Potatoes, Lamb with Garlic, Lemon, and Rosemary, Crustless Lemon Cheesecake, Maple Pumpkin Spice Lattes...and Hundreds More!

Go Dairy Free

20 Years of Test Kitchen Expertise in One Essential Handbook

The Ultimate Guide to the Daniel Fast

My Fussy Eater

Favorite Everyday Recipes from Our Family Kitchen

Two Peas & Their Pod Cookbook

Includes Tropical Cobb Salad, Brazilian BBQ, Gluten-Free Cheese Rolls, Passion Fruit Mousse, Pineapple Caipirinha...and Hundreds More!

What if you CAN eat all of your favorite desserts . . . and still be healthy and fit into your skinny jeans? Meet Katie: a girl who eats chocolate every day and sometimes even has cake for breakfast! When Katie's sugar habit went too far in college and left her lacking energy, she knew something needed to change. So she began developing her own naturally sweet recipes and posting them online. Soon, Katie's healthy dessert blog had become an Internet sensation, with over six million monthly visitors. Now, in her first cookbook, Katie shares over 80 never-before-seen recipes, such as Chocolate Obsession Cake, Peanut Butter Pudding Pops, and Ultimate Unbaked Brownies, that use only real ingredients, without any unnecessary fats, sugars, or empty calories. These desserts prove once and for all that health and happiness can go hand-in-hand—you can have your dessert and eat it, too!

Unlock the possibilities of beans, chickpeas, lentils, pulses, and more with 125 fresh, modern recipes for globally inspired vegetarian mains, snacks, soups, and desserts, from a James Beard Award-winning food writer “This is the bean bible we need.”—Bon Appétit NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY Food Network □ NPR □ Forbes □ Smithsonian Magazine □ Wired After being overlooked for too long in the culinary world, beans are emerging for what they truly are: a delicious, versatile, and environmentally friendly protein. In fact, with a little ingenuity, this nutritious and hearty staple is guaranteed to liven up your kitchen. Joe Yonan, food editor of the Washington Post, provides a master base recipe for cooking any sort of bean in any sort of appliance—Instant Pot, slow cooker, or stovetop—as well as creative recipes for using beans in daily life, from Harissa-Roasted Carrot and White Bean Dip to Crunchy Spiced Chickpeas to Smoky Black Bean and Plantain Chili. Drawing on the culinary traditions of the Middle East, the Mediterranean, Africa, South America, Asia, and the American South, and with beautiful photography throughout, this book has recipes for everyone. With fresh flavors, vibrant spices, and clever techniques, Yonan shows how beans can make for thrilling dinners, lunches, breakfasts—and even desserts!

115 recipes--wholesome new creations and celebrated favorites from the blog--from the husband and wife team behind Two Peas & Their Pod TWO PEAS & THEIR POD celebrates a family, friends, and community-oriented lifestyle that has huge and growing appeal. Maria the genuine, fun, relaxed mom next door who's got the secret sauce: that special knack for effortlessly creating tantalizing and wholesome (and budget-

friendly) meals with ease. From a Loaded Nacho Bar bash for 200 guests to quick-and-easy healthy weeknight dinners like never-fail favorites like One-Skillet Sausage Pasta or Asian Pork Lettuce Wraps (always followed by a fab dessert!), Maria shares her best lifestyle tips and home cook smarts. An essential resource for parents looking to update their healthy, inexpensive, time-saving, kid friendly meal roster; aspiring home cooks who want to eat-in delicious food more than they eat out; as well as anyone looking to share their love of food and the giving spirit with their neighbors, TWO PEAS & THEIR POD will help readers bring home that (achievable!) slice of Americana, where families come together to enjoy fresh and nutritious meals and there's always a batch of still-warm cookies waiting on the counter. Indulge in 72 vegan, gluten-free, no-refined-sugar recipes made with nutrient-dense ingredients! Clean, wholesome, delicious desserts—they're easier to make than you might think. Tired of desserts made with highly processed ingredients and empty calories that leave you feeling guilty? Then say goodbye to boxed cake mixes, Jell-O, and Cool-Whip, and satisfy your sweet cravings with 72 no-bake desserts you'll feel good about eating. Featuring vegan, gluten-free, and no-refined sugar recipes (that are simple and easy to make), Clean Desserts uses real food ingredients like nuts, seeds, nut butters, and dates to whip up guilt-free cookies, bars, balls, and classic candy bars, as well as no-bake cheesecakes, tarts, and ice cream! Learn to make: Black Forest Thumbprint Cookies Chocolate Chia Seed Bars Hazelnut Caramel Balls Raspberry Macaroons Kiwi + Coconut Cheesecake Squares Pecan Praline Ice Cream Dark Chocolate Pistachio Fudge And more! Complete with photographs, Clean Desserts will change the way you feel about dessert!

Gluten-Free on a Shoestring

350+ Groundbreaking Recipes for All Your Favorites

A New Way to Bake Gluten-Free

The Everything Brazilian Cookbook

Gluten-free on a Shoestring

The Ultimate Guide and Cookbook for Milk Allergies, Lactose Intolerance, and Casein-Free Living

150 Easy Gluten-Free, Allergy-Friendly Recipes the Whole Family Can Enjoy

After more than 20 years of obsessive research and testing, America's Test Kitchen has literally written the book on how to master your kitchen. Logically organized and packed with step photography, this will be the ultimate one-stop resource for both shopping and cooking. Have you ever wished that your

kitchen came with instructions? Let the experts at America's most trusted test kitchen show you the ropes in this new illustrated compendium of techniques, tips, tricks, recipes, and reviews for the home cook. This is a handbook for everyone, beginner to expert, that is not only useful but also entertaining, thought-provoking, and utterly unique. It will appeal to longtime fans of the magazine who want to see behind the scenes as well as to novice cooks who want to get everything right in the kitchen from the beginning. Never before has America's Test Kitchen revealed the secrets behind our extensive testing procedures and exacting recipe development process; in this new book, come behind the scenes to see how we pick the best equipment and ingredients and create the most foolproof recipes out there. With dozens of equipment recommendations, hundreds of ingredient entries, mini lessons on basic cooking skills and useful kitchen science, plus illustrated step-by-step instructions for 50 of our most essential recipes.

Essential suggestions and superb gluten-free recipes to help you eat healthy, well, and safely from the allergy-friendly cooking expert and author (Alessio Fasano, MD, direction of the Center for Celiac Research). If you've just been diagnosed with celiac disease, you're not alone: as many as 1 in 133 Americans have this autoimmune disorder characterized by an inability to digest gluten, a protein found in wheat and other grains. For ten years, Jules Shepard's gastrointestinal symptoms went misdiagnosed. Finally diagnosed, she experienced a rollercoaster of emotions and illness the year following, as she discovered what she could and could not eat through trial and error. Now, in *The First Year: Celiac Disease and Living Gluten-Free*, Shepard explains everything you need to learn and do upon your or a family member's diagnosis . . . How celiac disease affects your entire body Eating gluten-free (and avoiding hidden glutes) Keeping your kitchen safe from cross-contamination Can I drink alcohol? Celiac and fertility Finding support groups Parenting a child with celiac disease Dining out, traveling, and entertaining This unique guide prioritizes all the most important information on diet and lifestyle changes for you. Day-by-day, week-by-week, month-by-month, learn how to safely alter your diet, manage your symptoms, and adjust to living gluten-free. Complete with easy and delicious recipes for gluten-free baking, *The First Year: Celiac Disease and Living Gluten-Free* is your essential guide to a healthy life. A glossary, FAQ, gluten-free baking Q and A and an extensive list of Celiac support groups in the U.S. give readers the tools they need adapt to life without gluten. I highly recommend this book. About.com

This cookbook is dedicated to all those who are trying to feed their loved-ones well. In light of all the food intolerances being diagnosed, (myself being dairy and gluten intolerant), I felt a need to compose the cookbook I wish I had when I found out that I had such restrictions. As a child, I remember so often having a queasy stomach. I was really, really little and skinny too. As an adult, my gut was where stress hit me and where I felt unwell more often than not. Several years ago in the winter, I got a nasty rash in a couple of places and my whole body just ITCHED! I did some Google-ing and decided that I would cut out wheat products and see what happened. Well, it took about one day before the itching stopped. I have always been a person who could live on bread, bagels, pasta, cookies, etc, etc. I have never been much of a carnivore. I'm not totally veggie but I do refrain from eating my mammal friends. I will have a little fish or poultry but prefer being meatless. After searching for a cookbook for someone like me; a person who is intolerant to gluten and dairy products (milk products give me migraines) coupled with my desire to not eat large quantities of meat, I decided to write a cookbook! Cooking and baking (especially baking), without gluten and dairy is a challenge and can be rather expensive; however, the recipes in this book have been developed and taste-tested to get the most flavor and nutrition for your money. Have fun with these recipes; add your own twist to them! There is still a lot of great food to eat, so let's get cooking!

100 dependable recipes including no-fuss weeknight dinners plus leisurely weekend meals to look forward to, from the bestselling author of *Once Upon a Chef*. Years before she started her popular *Once Upon a Chef* blog, back when she became a new mom, Jennifer Segal kept a recipe binder divided into two sections- Weeknight and Weekend. This is how she thought about what to cook for dinner, and, fifteen years later, it still is. In this versatile collection, you'll find seventy recipes for fast and easy weeknight meals, like Sesame-Ginger Meatballs and Pecorino-Crusted Chicken with Rosemary, and thirty

recipes for slow, soothing weekend cooking, whether that's company-friendly Sear-Roasted Beef Tenderloin with Horseradish Cream Sauce or lazy Sunday morning Popovers with Salted Maple Butter. You'll also find Jenn's favorite desserts, like Cherry Ricotta Cake and Triple Chocolate Cheesecake, that are easy enough for the weeknight rush and luscious enough for weekend rest and celebration. Featuring seventy all-new dishes plus thirty fan favorites from her popular blog, Once Upon a Chef, each recipe is tested and retested multiple times in Jenn's home kitchen to ensure they are reliable, delicious, and sure to please every night of the week.

101 Entirely Plant-based, Mostly Gluten-Free, Easy and Delicious Recipes

100 Recipes Every Mom Needs in Her Back Pocket, Regular Version

Simple Recipes for Healthy Living from My Family's Kitchen to Yours

Celiac Disease and Living Gluten-Free

Favorite Dishes from the Real Mamas of Italy--All Under 350 Calories

100 Delicious Vegetarian Recipes to Make You Fall in Love with Real Food

Cannelle et Vanille Bakes Simple

New York Magazine

Hundreds of traditional and contemporary recipes for an authentic taste of Brazil! Brazilian food is a complex and vibrant fusion of native Indian foods and ingredients with immigrant culinary traditions from Portugal and Africa, as well as the Middle East, Japan, Germany, and Italy. Each geographic region of Brazil has its own distinctive cuisine, based on locally available ingredients and the people who settled there. The Everything Brazilian Cookbook aims to introduce this exciting cuisine to you with a collection of not-too-complicated yet adventurous recipes, including: Brazilian Chicken Salad - Salpicão Warm Sweet Potato Salad - Salada Quente de Batata Doce Creamy Shrimp Soup - Caldo de Camarão Pork and Hominy Stew - Canjiquinha Mineira Coconut Butternut Squash Soup - Sopa de Abóbora e Coco Braised Roulades of Beef in Tomato Sauce - Bife à Role Roast Leg of Lamb with Cachaça - Pernil de Cordeiro Assado na Cachaça Stewed Chicken with Okra – Frango com Quiabo Pineapple Raisin Farofa – Farofa de Abacaxi Brazilian-style Greens – Couve à Mineira Guava Cheesecake - Cuca de Queijo com Goiabada Passion Fruit Mousse – Mousse de Maracujá The recipes in this book start with fresh, healthy ingredients, instead of relying on prepared or packaged foods. This "back to basics" way of cooking is easier and less time-consuming than you may think, and the results taste better and are far more nutritious. With this indispensable and detailed cookbook, you'll be able to prepare and enjoy this vibrant and delicious cuisine in your own kitchen!

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, 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

A bestselling author's groundbreaking eating plan that challenges the notion that starch is unhealthy From Atkins to Dukan, the fear-mongering about carbs over the past few decades has reached a fever pitch; the mere mention of a starch-heavy food is enough to trigger a cavalcade of shame and longing. In *The Starch Solution*, bestselling diet doctor and board-certified internist John A. McDougall, MD, and his kitchen-savvy wife, Mary, turn the notion that starch is bad for you on its head. *The Starch Solution* is based on a simple swap: fueling your body primarily with carbohydrates rather than proteins and fats. This will help you lose weight and prevent a variety of ills. Fad diets come and go, but Dr. McDougall has been a proponent of the plant-based diet for decades, and his medical credibility is unassailable. He is one of the mainstay experts cited in the bestselling and now seminal *China Study*—called the "Grand Prix of epidemiology" by the *New York Times*. But what *The China Study* lacks is a plan. Dr. McDougall grounds *The Starch Solution* in rigorous scientific fact and research, giving readers easy tools to implement these changes into their lifestyle with a 7-Day Quick Start Plan and 100 delicious recipes. This book includes testimonials from among the hundreds Dr. McDougall has received, including people who have lost more than 125 pounds in mere months as well as patients who have conquered lifethreatening illnesses such as diabetes and cardiac ailments.

Cook Once, Eat All Week is a revolutionary way to get a delicious, healthy, and affordable dinner on the table FAST. Author Cassy Joy Garcia will walk you through this tried-and-true method and show you how batch-cooking a few basic components can give you an entire week's worth of dinners with minimal time and effort. Have you ever tried a meal prep plan before and gotten so excited about having your cooking for the week done ahead of time, only to find yourself totally exhausted after a full day in the kitchen, shocked by your grocery bill, and tired of the same leftovers by Tuesday?

Cassy Joy Garcia had been there, too. As a mom, business owner, and Nutrition Consultant, she needed to get a healthy, affordable, and tasty dinner on the table fast every night, and she knew there had to be a better way to do it. She finally cracked the code when she discovered that by batch-cooking a protein, starch, and vegetable each week she could easily assemble three fresh, diverse meals in minimal time. After years of her readers asking her for better meal prep strategies and easy recipes, she released 4 weeks of recipes on her blog, Fed and Fit. Since then, tens of thousands of people have made and raved about the series and begged for more! In this book you'll find 26 weeks of affordable, healthy, delicious meals that your family will love eating, and a chapter full of bonus 20-minute meals. Optional Instant Pot and slow cooker instructions are included to get you even more time back in your week. With a Real Food foundation, the weeks in this book aim to support dietary approaches that range from: gluten-free, dairy-free, Paleo, low carb, egg-free, kid-friendly and more. Three simple ingredients like shredded pork, potatoes, and cabbage are turned into these three easy to assemble meals: Honey Mustard Pork Sheet Pan Dinner Enchiladas Verde Casserole Sloppy Joe Stuffed Potatoes This book is a must-have for anyone looking for a REAL solution to help them eat healthfully while also saving time and money and loving what they are eating.

Cook Once, Eat All Week

The Skinnytaste Cookbook

Elric of Melniboné

Delicious, Nourishing Recipes for Before, During, and After Cancer Treatment

A Couple Cooks - Pretty Simple Cooking

The Mom 100 Cookbook

Delicious No-Bake Vegan & Gluten-Free Cookies, Bars, Balls, and More

The Starch Solution

Introducing the lifesaving cookbook for every mother with kids at home—the book that solves the 20 most common cooking dilemmas. What 's your predicament: breakfast on a harried school morning? The Mom 100 's got it—Personalized Pizzas are not only fast but are nutritious, and hey, it doesn 't get any better than pizza for breakfast. Kids making noise about the same old lunch? The Mom 100 's got it—three different Turkey Wraps, plus a Wrap Blueprint delivers enough variety to last for years. Katie Workman, founding editor in chief of Cookstr.com and mother of two school-age kids, offers recipes, tips, techniques, attitude, and wisdom for staying happy in the kitchen while proudly keeping it homemade—because homemade not only tastes best, but is also better (and most economical) for you. The Mom 100 is 20 dilemmas every mom faces, with 5 solutions for each: including terrific recipes for the vegetable-averse, the salad-rejector, for the fish-o-phobe, or the overnight vegetarian convert. “Fork-in-the-Road” variations make it easy to adjust a recipe to appeal to different eaters (i.e., the kids who want bland and the adults who don 't).

“What the Kids Can Do” sidebars suggest ways for kids to help make each dish.

A step-by-step guide to adjusting to life with celiac disease, including gluten-free recipes, for the 3 million Americans afflicted with this increasingly diagnosed condition.