

366 Delicious Ways to Cook Rice, Beans, and Grains

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Andrea Chesman presents 366 creative and flavorful "natural gourmet" recipes using a wide variety of beans and grains, like basmati and jasmine rice, adzuki beans, amaranth, and quinoa. Organized by course and main ingredient, these dishes range from light and lively starters to hearty and soul-satisfying foods that stick to your ribs but not to your waistline. American favorites are well represented here, but adventurous cooks will be pleased to find ethnic cuisines dominating this mouthwatering collection, including such recipes as:

- >> Healthy Mediterranean diet-inspired recipes
- >> Spicy Vegetable Couscous
- >> Pesto Pasta with Cranberry Beans
- >> Smoky Black Bean Burritos
- >> Jamaican-Style Rice and Peas This wonderful addition to our 366 Ways series features foods that are among the most versatile and healthful in the human diet, not to mention absolutely delicious.
- >> Recipes are high in flavor, low in fat.
- >> Each recipe includes a detailed nutritional analysis, which counts calories, fat, percentage of calories from fat, protein, fiber, sodium, and calcium.
- >> Vegetarian dishes dominate the collection, but healthful variations include salmon, shrimp, and chicken.

Andrea Chesman is a graduate of Cornell University and the author of several books, including Yankee Magazine's Church & Potluck Dinners Cookbook, Simply Healthful Skillet Suppers, and Simply Healthful Past Salads. By now, the most curious of home chefs are well-versed in the how-tos of whipping up cupfuls of amaranth, fava beans, and quinoa. Lest any cooking fan has been closeted in a dark pantry for five or more years, health food advocate Chesman educates and adds to the vegetarian repertoire. Many of the recipes represent rather innovative first-of-their-kind dishes or almost infinite (and unusual) variations on a standard. Rice pudding, for instance, gets at least six new faces (vanilla yogurt and pina colada are two options). And fans of Japanese sushi will find it far easier to emulate chirashi sushi (vegetable-topped vinegared rice) than the original oriental meal. Nutritional analysis and attention paid to low-fat ingredients make this less of a carbohydrate-stuffing party. Barbara Jacobs

Other Books

The Everyday Ayurveda Cookbook, Keeping digestion on track is the key to health in Ayurveda, and eating natural, homemade foods in accordance with personal constitution and changes in environment is often all that we need to find balance. In The Everyday Ayurveda Cookbook, Kate O'Donnell inspires you to get into the kitchen and explore this time-honored system of seasonal eating for health and vibrancy. Season by season, learn how the changing weather and environment both mirror and influence your body and appetite. Foundational "everyday" recipes can be adapted to any season and any dosha for nourishing, flavorful meals. Includes lifestyle advice on meal planning, self-care regimens, and how to ensure health during the change of seasons.

the beet queen serves 2 Sweet and bright! This recipe produces a towering beverage; you may choose to share it or pour half into a jar to bring to work. It is great after morning exercise or to ..."