

[PDF] The Whole Foods Market Cookbook: A Guide To Natural Foods With 350 Recipes

Steve Petusevsky, Whole Foods Inc - pdf download free book

Books Details:

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Author: Steve Petusevsky, Whole Food

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Description:

The first Whole Foods Market, selling only minimally processed natural and organic products, opened in 1980. In response to all the customers who ever asked, "How do I cook this?", chef Steve Petusevsky and the Whole Foods Market team members present *The Whole Foods Market Cookbook*, an enormous collection of healthy recipes, filled with comprehensive explanations and descriptions.

Many of the recipes are longtime customer favorites. The "Big and Small Salads" chapter includes Sonoma Chicken Salad, a bestseller made with sweet red grapes, crunchy pecans, and a creamy, sweet-and-sour poppy seed dressing. Thirty-five soups and chilis include a heartwarming Roasted Corn Poblano Chowder and a rich, fragrant Sweet Potato Chili. There are a multitude of vegetarian

and vegan recipes in every chapter, all clearly marked, and even if that's not what you're looking for they'll have you thinking differently about healthy eating. Try the vegan Lentil and Mushroom Tagine, a traditional Moroccan stew, or the vegetarian Spicy Roasted Eggplant with Sesame Honey, delicious as a side dish or sandwich topping, or as a main course served with noodles or rice.

If you've ever looked for more ways to use tofu (try the Kung Pao), seitan, millet, quinoa, or mung bean sprouts, or if you'd rather make meals heavy on flavor and nutrition and light on fat and artificial additives, *The Whole Foods Market Cookbook* offers 350 delicious, well-tested solutions. -- *Leora Y. Bloom* --This text refers to the edition.

From Publishers Weekly The Whole Foods Market has been a pioneering natural-foods-oriented alternative supermarket since it opened in 1980, and their broadly appealing cookbook reflects a gourmet approach to healthy food. Appetizers such as the Spicy Chickpea Patties with Cilantro, Lime and Chilies and such soups as Sweet Potato, Corn and Kale Chowder have flavor kicks often missing from other health-conscious cookbooks. One-Pot Meals such as Spicy Mac and Cheese and Thai-Style Green Curry Chicken abound, along with hearty salads and sandwiches like the Mediterranean Tuna Salad and the Mushroom Goat-Cheese Quesadillas. Naturally, there are plenty of vegetarian and vegan recipes, such as Kung Pao Tofu and vegan French Onion Soup. Main courses such as Athenian Chicken Roll-Ups, Lime Seared Scallops over Baby Spinach and Firecracker Shrimp emphasize fish and white meats. Sauces and dips such as the low fat Buttermilk Ranch dressing and the Spinach Artichoke dip double as marinades or toppings. The uneven Cooking with Kids chapter is sandwiched between some great smoothie and drink recipes, and to cap it off there's a dessert chapter with Lemon Lime Bars and Unbaked Brownies. Recipes include nutritional information. A glossary and information panels throughout the book explain how to do everything from storing chilies to keeping vegetables from losing their color. This ambitious book is one of few that both vegetarians and omnivores keen on gourmet-quality organic foods will embrace. Copyright 2002 Cahners Business Information, Inc. --This text refers to the edition.

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