

## Jar Salads 52 Happy Healthy Lunches

Recalling an earlier era when cooks relied on sight, touch, and taste rather than cookbooks, the author encourages readers to rediscover the lost art of preparing food and use their imagination in the kitchen. \$25,000 ad/promo.

Bring the family together—and take it easy on yourself! Between my family, my website, my cookbooks, and my TV show, I make a lot of food around here! And as much as I've always loved cooking (and of course, eating!), it seems that more and more these days, I'm looking for ways to simplify my life in the kitchen. I find myself gravitating toward recipes that are delicious but don't require a lot of prep or fuss, because they free me up to have more time (and energy) for other areas of my life. This also makes cooking less of a chore and more of a pleasure—exactly what cooking should be! The Pioneer Woman Cooks—Super Easy! will free you up and transform your cooking life as well, with 120 recipes that range from effortless breakfasts to breezy skillet meals to speedy soups to ready-in-minutes Tex-Mex delights, so you'll have lots of options for any given meal. Many recipes in this cookbook call for step-saving (and sanity-saving) shortcuts that will revolutionize the time you spend making meals for your family, and all of them are utterly scrumptious! I've absolutely fallen in love with this new generation of recipes, including Butter Pecan French Toast, Buffalo Chicken Totchos, Speedy Dumpling Soup, Broccoli-Cheese Stromboli (so great for kids!), and an entire section of pastas and grains, such as One-Pot Sausage Pasta and colorful and fresh Hawaiian Shrimp Bowls. You'll find yummy meals such as Pepperoni Fried Rice, Chicken-Fried Steak Fingers, and ultra-tasty Chicken Curry in a Hurry . . . as well as assemble-in-the-baking-dish casseroles, throw-together sheet pan suppers, and simply decadent desserts such as Mug Cakes, Coconut Cream Pie, and Brownie S'Mores Bars that you'll dream about. There's something for everyone in this cookbook, and not a single recipe, ingredient, or step is complicated or difficult. Now that's the kind of cooking we can all get behind!

Comfort classics with a lighter spin, from the creator of the healthy-eating blog Well Plated by Erin. Known for her incredibly approachable, slimmed-down, and outrageously delicious recipes, Erin Clarke is the creator of the smash-hit food blog in the healthy-eating blogosphere, Well Plated by Erin. Clarke's site welcomes millions of readers, and with good reason: Her recipes are fast, budget-friendly, and clever; she never includes an ingredient you can't find in a regular supermarket or that isn't essential to a dish's success, and she hacks her recipes for maximum nutrition by using the "stealthy healthy" ingredient swaps she's mastered so that you don't lose an ounce of flavor. In this essential cookbook for everyday cooking, Clarke shares more than 130 brand-new rapid-fire recipes, along with secrets to lightening up classic comfort favorites inspired by her midwestern roots, and clever recipe hacks that will enable you to put a healthy meal on the table any night of the week. Many of the recipes feature a single ingredient used in multiple, ingenious ways, such as Sweet Potato Boats 5 Ways. The recipes are affordable and keep practicality top-of-mind. She's eliminated odd leftover "orphan" ingredients and included Market Swaps so you can adjust the ingredients based on the season or what you have on hand. To help you make the most of your cooking, she's even included tips to store and reheat leftovers, as well as clever ideas to turn them into an entirely new dish. From One-Pot Creamy Sundried Tomato Orzo to Sheet Pan Tandoori Chicken, all of the recipes are accessible to cooks of every level, and so indulgent you won't detect the healthy ingredients. As Clarke always hears from her readers, "My family doesn't like healthy food, but they LOVED this!" This is your homey guide to a healthier kitchen.

Tells the story of a child's abuse at the hands of his alcoholic mother

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A collection of recipes from a Philadelphia restaurant known for its modern take on Israeli cooking presents such offerings as hummus tehina, potato and kale borekas, and pomegranate-glazed salmon.

Get healthier, save time and money with this meal prep vegetarian cookbook Whether you are a devout vegetarian or just looking to incorporate more healthy plant-based meals into your diet, a meal prep vegetarian cookbook is a tool for anyone looking to save a little time. The Vegetarian Meal Prep Cookbook will be your guide to the art of economical meal readiness--minimizing hours spent in the kitchen so you can maximize your free time. With this vegetarian cookbook, you'll be able to whip up meals that are fresh, budget-friendly, and ready to go at a moment's notice. You'll learn pro tips for grocery shopping, proper food storage, and making healthy taste good. Most importantly, by prepping meals, this vegetarian cookbook brings consciousness to what you are eating and ends the inefficient process of making meals, one at a time. This vegetarian cookbook includes: 8 meal prep plans--Each plan has a unique thematic focus, from breakfast ideas to comfort classics, to even tackling the afternoon "hangries." Pro tips--Learn about important kitchen tools and staples, budget hacks, and smart shopping tips. 75 recipes--From Sweet Potato Breakfast Burritos to Thai Noodle Bowls, there are recipes in this vegetarian cookbook for every meal--including snacks--all of which include nutritional info, storage guidelines, and dietary labels. Just wait till you see the delicious meals that await you and the time you save by having this meal prep vegetarian cookbook at your disposal.

Easy recipes for satisfying make-ahead salads, dressings, and veggie-packed meals, each 30 minutes or less to prepare, with 10 ingredients or fewer Eating lunch "al desko" doesn't have to mean frozen burritos or pricey takeout. Lunchbox Salads shares easy, affordable, substantial, and vibrant salad inspiration for every workday (and for dinner and weekends, too!). These creative recipes use 10 or fewer easy-to-buy ingredients and take no more than 30 minutes to make; those that contain meat can be made vegetarian and always keep the focus on healthy veggie-strong eating. Each recipe yields 2 substantial portions to support energy throughout the afternoon, and everything will keep for up to 2 days in the fridge (with specific packing instructions to avoid soggy leaves at lunchtime). Each chapter focuses on a different hero vegetable (like squash, carrot, red pepper, beet, cabbage, and zucchini); the recipes are easy to customize for different dietary preferences and are suitable for vegetarians and meat-lovers alike.

Master the art of improvising your lunch, using whatever you've got lying around, with this simple cookbook. When your cupboard is looking a bit bare, it's hard to get inspired to make lunch for the day ahead. We can often run out of inspiration too, meaning we end up with the same dull lunch every day - or worse yet, buying every meal out and about. Those costs add up. The 5-Minute 5-Ingredient Lunchbox aims to streamline your lunch each day according to what you have lying around. Some forgotten rice or grains in the cupboard? Or a random assortment of tinned veggies? These 52 recipes will show you how to quickly turn them into a nutritious and delicious lunch. Plenty of these lunchbox ideas are also vegetarian, vegan, gluten-free and/or dairy-free. There's also advice throughout on how to make bulk lunches for your week, if that's your style, and how you might be able to overhaul last night's leftovers into a great midday meal.

The debut cookbook by the creator of the wildly popular blog Damn Delicious proves that quick and easy doesn't have to mean boring. Blogger Chungah Rhee has attracted millions of devoted fans with recipes that are undeniable 'keepers'-each one so simple, so easy, and so flavor-packed, that you reach for them busy night after busy night. In Damn Delicious, she shares exclusive new recipes as well as her most beloved dishes, all designed to bring fun and excitement into everyday cooking. From five-ingredient Mini Deep Dish Pizzas to no-fuss Sheet Pan Steak & Veggies and 20-minute Spaghetti Carbonara, the recipes will

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help even the most inexperienced cooks spend less time in the kitchen and more time around the table. Packed with quickie breakfasts, 30-minute skillet sprints, and speedy takeout copycats, this cookbook is guaranteed to inspire readers to whip up fast, healthy, homemade meals that are truly 'damn delicious!'

100 Satisfying salads to get you to mealtime in no time Salads are a great quick, healthy go-to meal--but the same lettuce and dressing options can feel repetitive fast. Toss in some variety with the Simple Salad Cookbook's creative and nourishing recipes. With a few ready-made staples and basic techniques, you can create delicious, fresh salad masterpieces in less than 10 minutes--perfect for your busy life. This salad cookbook includes handy lists of pantry and equipment staples, along with a seasonal eating chart that makes it a snap to set up your kitchen for salad success. 100 recipes require minimal prep and use easy-to-find ingredients with a focus on healthy foods, including both animal and plant-based proteins. Whether you are serving salad as a side dish or the main event, this salad cookbook will bring nourishment--and major flavor--to your table. Simple Salad Cookbook features: Keep it simple (or not!)--Make salads fast with prepackaged fresh veggies and other store-bought ingredients--or do it yourself with mini bonus recipes that let you start from scratch. 100 Fresh recipes--This salad cookbook lets you pick from a huge variety of leafy salads, veggie salads and slaws, grain and bean salads, pasta salads, tofu salads, and seafood and meat salads. Flexible and customizable--Helpful labels highlight dietary preferences, and many recipes include easy substitutions for ingredients you might not have on hand. Healthy, hearty, flavor-packed meals are easier than ever with Simple Salad Cookbook.

By showing that kitchen skill, and not budget, is the key to great food, Good and Cheap will help you eat well—really well—on the strictest of budgets. Created for people who have to watch every dollar—but particularly those living on the U.S. food stamp allotment of \$4.00 a day—Good and Cheap is a cookbook filled with delicious, healthful recipes backed by ideas that will make everyone who uses it a better cook. From Spicy Pulled Pork to Barley Risotto with Peas, and from Chorizo and White Bean Ragù to Vegetable Jambalaya, the more than 100 recipes maximize every ingredient and teach economical cooking methods. There are recipes for breakfasts, soups and salads, lunches, snacks, big batch meals—and even desserts, like crispy, gooey Caramelized Bananas. Plus there are tips on shopping smartly and the minimal equipment needed to cook successfully. And when you buy one, we give one! With every copy of Good and Cheap purchased, the publisher will donate a free copy to a person or family in need. Donated books will be distributed through food charities, nonprofits, and other organizations. You can feel proud that your purchase of this book supports the people who need it most, giving them the tools to make healthy and delicious food. An IACP Cookbook Awards Winner.

Offers an accelerated program designed to help readers lose weight quickly and keep it off, in a guide that features menus, exercise routines, and stress reduction techniques.

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-

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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.

Creative and delicious meals with all the convenience of a jar.

Cook, eat, and be fit with 200 recipes from Bobby Flay, whose approach to healthy eating is all about flavor—not eliminating anything from your diet. With a profession that has him constantly developing and tasting new recipes, chef Bobby Flay does not eschew any foods: bread, bacon, and butter are still all on the table. His secret to staying healthy is to have on hand an arsenal of low-calorie flavor bombs—like rubs, relishes, and marinades—to transform lean proteins, whole grains, and fresh produce into crave-worthy meals at home. In Bobby Flay Fit, Bobby shares smoothies and juices, breakfast bowls, snacks to fuel workouts, hearty salads, nourishing soups, satisfying dinners, and lightened-up desserts. With fitness tips and a look into the chef's daily healthy routines, this cookbook is for those who want to eat right without overhauling their pantries or sacrificing taste.

Jar Salads 52 Happy, Healthy Lunches

The New York Times bestselling author of My Paris Kitchen serves up more than 160 recipes for trendy cocktails, quintessential apéritifs, café favorites, complementary snacks, and more. Bestselling cookbook author, memoirist, and popular blogger David Lebovitz delves into the drinking culture of France in Drinking French. This beautifully photographed collection features 160 recipes for everything from coffee, hot chocolate, and tea to Kir and regional apéritifs, classic and modern cocktails from the hottest Paris bars, and creative infusions using fresh fruit and French liqueurs. And because the French can't imagine drinking without having something to eat alongside, David includes crispy, salty snacks to serve with your concoctions. Each recipe is accompanied by David's witty and informative stories about the ins and outs of life in France, as well as photographs taken on location in Paris and beyond. Whether you have a trip to France booked and want to know what and where to drink, or just want to infuse your next get-together with a little French flair, this rich and revealing guide will make you the toast of the town.

A guide to creating perfectly fresh—and transportable—salads. Put down that sandwich! Here you'll find healthy and delicious lunch ideas to get you through the year. Who wants a soggy salad for lunch? The trick to a perfectly fresh and crisp salad that can be kept in the refrigerator the night before is all about the layering: the dressing at the base, followed by protein or grains, then nuts or

seeds, with the leafy greens and herbs on top. When you're ready to eat the salad, turn the jar out into a bowl and enjoy immediately! Jar Salads contains fifty-two deliciously inventive salads—a new one for every week of the year. From a Mexican-inspired vegetarian taco salad to a Vietnamese pork and-vermicelli-noodle salad, and classic salad combinations, Jar Salads has all tastes covered. All you need is a screw-top mason jar and a bunch of fresh ingredients. This year, get inspired to get healthy!"

**NEW YORK TIMES BEST SELLER •** Celebrated food blogger and best-selling cookbook author Deb Perelman knows just the thing for a Tuesday night, or your most special occasion—from salads and slaws that make perfect side dishes (or a full meal) to savory tarts and galettes; from Mushroom Bourguignon to Chocolate Hazelnut Crepe. "Innovative, creative, and effortlessly funny." —Cooking Light Deb Perelman loves to cook. She isn't a chef or a restaurant owner—she's never even waitressed. Cooking in her tiny Manhattan kitchen was, at least at first, for special occasions—and, too often, an unnecessarily daunting venture. Deb found herself overwhelmed by the number of recipes available to her. Have you ever searched for the perfect birthday cake on Google? You'll get more than three million results. Where do you start? What if you pick a recipe that's downright bad? With the same warmth, candor, and can-do spirit her award-winning blog, Smitten Kitchen, is known for, here Deb presents more than 100 recipes—almost entirely new, plus a few favorites from the site—that guarantee delicious results every time. Gorgeously illustrated with hundreds of her beautiful color photographs, The Smitten Kitchen Cookbook is all about approachable, uncompromised home cooking. Here you'll find better uses for your favorite vegetables: asparagus blanketing a pizza; ratatouille dressing up a sandwich; cauliflower masquerading as pesto. These are recipes you'll bookmark and use so often they become your own, recipes you'll slip to a friend who wants to impress her new in-laws, and recipes with simple ingredients that yield amazing results in a minimum amount of time. Deb tells you her favorite summer cocktail; how to lose your fear of cooking for a crowd; and the essential items you need for your own kitchen. From salads and slaws that make perfect side dishes (or a full meal) to savory tarts and galettes; from Mushroom Bourguignon to Chocolate Hazelnut Crepe Cake, Deb knows just the thing for a Tuesday night, or your most special occasion.

Asian Salads shows you how to prepare the amazing variety of delicious Asian vegetables, herbs, and seasonings found in your local supermarket, farmers market, and world food market. It presents 72 recipes that will excite and awaken your palate—and open up new food horizons! Dozens of fragrant herbs like cilantro, Thai basil, and lemongrass are combined with delicious fresh Asian vegetables like Napa cabbage, spicy kimchi, daikon, and many more! These healthy recipes are simple and very easy to prepare—based on classic dishes found in Vietnam, Thailand, India, China and Korea. Many of the salads have meat or seafood options, and are perfect as side dishes or as complete and satisfying one-dish meals! Easy step-by-step instructions and photos provide shortcuts and substitutes to save you time. Delicious salad recipes include: Marinated Bean Sprouts with Black Vinegar Dressing Cucumber Salad with Yogurt & Garlic Dressing Korean White Fish Carpaccio Crispy Pork with Watercress Salad Pork, Kimchi and Leek Salad Multiple homemade salad dressings and vinaigrettes Simple enough for everyday meals and interesting enough for special occasions, you can't go wrong with these delicious Asian recipes!

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A collection of more than 60 illustrated recipes for simple-to-prepare salads, dressings, breakfasts, and snacks to take on the go. The solution to the lunchtime salad rut, Salad in a Jar provides healthy, easy alternatives to dissatisfying or overpriced grab-and-go meals. These nutritionally balanced recipes are perfect for making ahead. Anna Helm Baxter reveals the keys to layering ingredients to maximize freshness and texture for a hearty and satisfying dish or snack. Tips and tricks include instructions on designing salads in a jar with recipes for raw salads, side salads, meal salads, snacks, and desserts.

**SALAD MAGIC IN A MASON JAR** Discover the coolest way to pack a tasty, healthy lunch! Mason Jar Salads and More shows how to prepare on-the-go meals that are packed with fresh produce and whole foods. The tasty recipes and gorgeous full-color photos in this book will show you how to create amazing dishes, including: •Pomegranate and pear salad •Pesto tortellini with cherry tomatoes •Crunchy Asian salad •Spinach, blueberry and blue cheese salad •Curried chicken salad •Kale and avocado salad •Porcini mushroom risotto •Overnight oatmeal with fruit •Green bean and feta salad

Take the hassle out of planning romantic Wedding Day special grilled salads by following this menu that is already prepared for you with all the listed ingredients and steps necessary to create some romantic, decadent masterpieces that will leave your taste buds wanting more. Create them yourself, or have your family, friends or caterers create them for you. "Such lovely salads with the fancy touch of the grill. Sure to please wedding guests. These recipes are also suitable for other occasions. This book makes a great gift." Endorsement by Joyce A. Meyer. Marshella Goodsworth is a superb chef with restaurant quality food and she is the author of a whole line of awesome cookbooks that are sold around the world. See her wonderful full line of great cookbooks at [www.amazon.com](http://www.amazon.com). You will want to be sure to get others of her fine cookbooks there to add to your collection. They also make great gifts for any occasion.

The answer to better balance, health and vitality is in your hands: with a few simple steps discover improved energy levels, better sleep, healthy weight, clear skin and more! The human body is complex – it is a delicate balance of systems working together to keep us at optimal health. And we are disrupting it. Instead of working with our bodies, we are constantly stressing them, with toxins and pollutants, with unhealthy lifestyles and high stress levels, with nutrition-poor diets and sedentary lifestyles. We have become hopelessly out of sync with our natural rhythms. By following a simple nutritional plan and easy lifestyle principles, we can bring our bodies back in tune and reap the rewards of uninterrupted mother nature. Sumptuous vegan recipes ranging from Cherry Cacao Teff Pancakes, Beetroot and Carrot Burgers and Healing Shiitake Mushroom Miso Soup, to Yellow Ayurvedic Dahl, Delicata Squash and Black Rice Salad and Salted Maca Caramel Nourish Balls help balance our bodies and improve our nutritional health. With expert advice, lifestyle tips, and delicious plant-based recipes, let The Happy Balance be your trusted guide to a vital and energized life. Put you back in control of you.

"There's no shortage of vegetarian cookbooks out there, but it's rare that I find one that inspires me page after page as much as Amy Chaplin's Whole Food Cooking Every Day." —Bon Appétit Eating whole foods can transform a diet, and mastering the art of cooking these foods can be easy with the proper techniques and strategies. In 20 chapters, Chaplin

shares ingenious recipes incorporating the foods that are key to a healthy diet: seeds and nuts, fruits and vegetables, whole grains, and other plant-based foods. Chaplin offers her secrets for eating healthy every day: mastering some key recipes and reliable techniques and then varying the ingredients based on the occasion, the season, and what you're craving. Once the reader learns one of Chaplin's base recipes, whether for gluten-free muffins, millet porridge, or baked marinated tempeh, the ways to adapt and customize it are endless: change the fruit depending on the season, include nuts or seeds for extra protein, or even change the dressing or flavoring to keep a diet varied. Chaplin encourages readers to seek out local and organic ingredients, stock their pantries with nutrient-rich whole food ingredients, prep ahead of time, and, most important, cook at home.

A healthy, customizable way to cook every day with 75 complete bowl recipes and mix-and-match bases, toppings, and sauces Want to cook healthier low-stress dinners, improve your lunch game, and find meals that can be prepped mostly in advance? Bowls are for you! The beauty of building a meal in a bowl is its versatility, and this book helps you compose 75 interesting bowls that incorporate a multitude of flavors and textures, from a Harvest Bowl to a Pork Mojo Quinoa Bowl, all while streamlining prep work to keep them casual and fun. Where to start? Choose your base--we've got chapters based on grains, noodles, greens, and broths--and then peruse options as diverse as Seared Tuna Poke Bowl, Green Fried Rice Bowl, Indian-Spiced Chicken Zoodle Bowl, and Vietnamese Beef Pho. Components within recipes are frequently interchangeable, so if you've got pre-cooked grains on hand, or a rotisserie chicken, you can easily swap these foods in. (Lunch tip: Most bowl components can also be made the day before and transported.) Feel like improvising? Turn to our Bowl Basics section which offers 100 components, from Quinoa Pilaf to Quick Pickled Carrot Ribbons. Our vibrant Beet Tzatziki sauce or crunchy Savory Seed Brittle might be just the ticket to transform your bowl improvisation into something special, and everything can be made in advance and stored. Looking to eat vegetarian, vegan, or gluten-free? You'll find plenty of options here, plus full nutritional information for every recipe.

Amp up your dinner routine with more than 100 restaurant copycat dishes made at home! Skip the delivery, avoid the drive thru and keep that tip money in your wallet, because Taste of Home Copycat Restaurant Favorites brings America's most popular menu items to your kitchen. Inside Taste of Home Copycat Restaurant Favorites you'll find more than 100 no-fuss recipes inspired by Olive Garden, Panera Bread, Pizza Hut, Cinnabon, Chipotle, Applebee's, Taco Bell, TGI Fridays, The Cheesecake Factory and so many others. Dig in to all of the hearty, savory (and sweet) menu classics you crave most—all from the comfort of your own home. With Taste of Home Copycat Restaurant Favorites, get all of the takeout flavors you love without leaving the house! CHAPTERS Best Appetizers Ever Coffee Shop Favorites Specialty Soups, Salads & Sandwiches Copycat Entrees Favorite Odds & Ends Double-Take Desserts

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.

"From the popular blogger behind *Simply Scratch* comes a debut cookbook showing how to home-cook absolutely everything from scratch. For Laurie McNamara, growing up on a farm in the country had major perks: her mother cooked with vegetables from the family garden, they collected fresh eggs from the chicken coop, and absolutely everything--from ketchup to casseroles--was made 100 percent from scratch. When she moved away from home, though, McNamara was too busy working full-time and raising two kids to prepare from-scratch meals. Like most Americans, she relied on boxed brownie mix, canned soup, bottled dressings, and frozen dinners to make home cooking quicker and cheaper. But she soon learned that these so-called shortcuts were in fact both more expensive and light-years less healthy than simply making everything herself. Eventually, she'd had enough and vowed to remake her kitchen into a from-scratch kitchen. Now, four years later, McNamara has helped hundreds of thousands of home cooks prepare from-scratch meals with whole food ingredients through her blog, *Simply Scratch*. McNamara's highly anticipated debut cookbook, *Simply Scratch*, takes her home-cooking know-how to the nation, with 120 wholesome, mouthwatering recipes along with stunning photography, entertaining anecdotes, and personal musings. This book offers easy recipes for delectable concoctions such as Buckwheat Pancakes and Creamy Roasted Tomato Soup. *Simply Scratch* will be the must-have bible to cooking beyond the box and can. Featuring everyday ingredients, a down-to-earth approach, and family recipes, *Simply Scratch* proves cooking from scratch can be affordable, simple, fun, and--of course--absolutely delicious"--

Discover your inner salad genie with this creative cookbook. Over 230 recipes, ingredient information, and tips, make this the only cookbook you'll ever need to make innovative, stunning, and satisfying salads. What does salad have the potential to be? An exciting mix of color, crunch, and flavor: Peaches over silken burrata; oil spiced with curry leaves on crunchy carrots flavored with lime and cilantro; Southwest Beef Salad with Cornbread Croutons. Explore the creative

possibilities of salads, learn how to build and layer unique flavor combinations and embrace ingredients from barley, octopus, and miso to radicchio, pattypan squash, and pears. These ATK dishes will be the star of the table. Our recipes feature salads like Pea Green Salad with Warm Apricot-Pistachio Vinaigrette and Tomato Salad with Steak Tips as well as Crispy Eggplant Salad, and riffs on classics: Caesar salad with grilled romaine or pasta salad with One-Pot Pasta Salad with Chicken (and tomatoes, olives, pepperoncini, green beans, arugula, feta). Sidebars highlight surprising salad ingredients such as couscous, purslane, curry powder, and radicchio. You'll also acquire ideas and inspiration to assemble your own salads in The Architecture of a Green Salad, with great tips on mixing and matching ingredients, flavors, and textures. The Salad Bar chapter equips you with an assortment of dressings, toppings, infused oils, and spice blends like za'atar. This is the cookbook you pull out when you want inspiration for dinner and a feast for the eyes. Combine vegetables, protein, and whole grains in one dish to make a simple, complete, and nutritious meal with Vegan Bowl Attack! Bowl food. It's a hash tag. It's a buffet for one. It's a way of life. Simple and nourishing, vegan bowls are where it's at. Perfect for workday lunches, simple dinners, and even breakfast, these are meals so good you'll soon forget plates even exist. Inside you'll find more than 100 one-dish, plant-based bowls that feed every whim and fancy, created for you by author and vegan blogger extraordinaire Jackie Sobon. You don't have to be vegan to enjoy these recipes - you just need to love food! They're hearty and delicious, and sure to please any appetite. We're talking about: Peanut Butter Pretzel Oatmeal Biscuit Nacho Bowl Tex-Mex Potato Salad Spicy Sesame Brussels Bites Smoky Corn Chowder Bread Bowl Mean Green Ramen Kimchi Bowl with Red Curry Almond Sauce Spicy Sushi Bowl Raw Apple Crisp S'mores Pudding Bowl Grab your bowl, your appetite, and this book, and get ready to dig in! Forks and spoons optional. A collection of 100 recipes from the James Beard Award-nominated Genius Recipes column on the Food52 website features foolproof recipes and instructions from cooking luminaries including Julia Child, Alice Waters, David Chang and Yotam Ottolenghi.

Get your plant-based lunch organized in record time with this foolproof cookbook. Sometimes it seems like too much of a chore to get our lunch prepped for the day ahead, especially when we're committed to (or experimenting with) a plant-based diet We can often run out of inspiration too, meaning we end up with the same dull lunch every day - a drudgery which makes healthy eating much harder than it should be. The 5-Minute Vegan Lunchbox aims to make prepping your lunch each day a breeze - ensuring your days are deliciously healthy and completely vegan, too. The 52 recipes cover a range of diverse salads, utilizing the power of grains, beans, veggies and more. There's also advice throughout on how to make bulk lunches for your week, if that's your style, and how you might be able to overhaul last night's leftovers into a great midday meal.

Get healthier, happier, and your lunch salad organized in record time. All you need is this book and nine minutes of your morning.

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These fifty-two recipes are a comprehensive range of diverse salads, including vegan salads, grain salads, zoodle, and seafood salads. Expect myriad flavors from across the globe. Imagine a Vietnamese-style chicken coleslaw, Mexican-spiced quinoa salad, or a Japanese(ish) combination of edamame and chickpeas with avocado-lime dressing. Do you know what Korean-style bibimbap is? This diverse cookbook explains, alongside its foolproof recipe. Sometimes preparing your food for the impending day can feel impossible. You opt for the easy way out: buying lunch. Often this is less healthy, and always more expensive, than bringing your own to work. On the other hand, maybe you're just in desperate need of inspiration after making the same pitiable sandwich day after day (month after month... year after year). This book makes food prepping an exciting and nutritious lunch a total breeze. Lunch breaks should always be something to look forward to. A restorative breath--away from a working world of email chains, customer service nightmares, or manual labor. Your mornings will be drastically improved by the comfort of knowing that your five-minute salad awaits you. With the protein gained from any of these fifty-two salads, you can safely forgo that second afternoon coffee: this is all the energy your workday is ever going to need.

Discover the food of the Philippines' 7000 tropical islands. Colorful and vibrant, Filipino food is the culmination of naturally salty, sour, and sweet ingredients from the land, along with the heart-warming Filipino spirit of generosity and community, where food is always shared and imbued with meaning. In this vivid cookbook, Yasmin Newman invites you into her kitchen and into the homes of friends and locals, sharing traditional dishes, and vegetarian and modern interpretations on the classics. From sizzling wild mushroom sisig, golden turmeric and cassia bark rice from the Muslim south, and pork belly adobo to glistening candied kalamansi cake, Filipino food celebrates and satisfies all the senses. With easy recipes for home cooks and chapters divided into feasts, there's inspiration for all occasions. Yasmin's journey takes her through the lush isles of the Philippines, where she captures the age-old traditions, rich folklore and enchanting personal stories of the country. Under Coconut Skies is the follow-up to Yasmin's first beloved cookbook on Filipino food, 7000 Islands.

Maybe she's on a photo shoot in Zanzibar. Maybe she's making people laugh on TV. But all Chrissy Teigen really wants to do is talk about dinner. Or breakfast. Lunch gets some love, too. For years, she's been collecting, cooking, and Instagramming her favorite recipes, and here they are: from breakfast all day to John's famous fried chicken with spicy honey butter to her mom's Thai classics. Salty, spicy, saucy, and fun as sin (that's the food, but that's Chrissy, too), these dishes are for family, for date night at home, for party time, and for a few life-sucks moments (salads). You'll learn the importance of chili peppers, the secret to cheesy-cheeseless eggs, and life tips like how to use bacon as a home fragrance, the single best way to wake up in the morning, and how not to overthink men or Brussels sprouts. Because for Chrissy Teigen, cooking, eating, life, and love are one and the same.

Power Food superstar Rens Kroes shows you how to leave unhealthy food behind and save money by making your own super meals with Power Food On the Go. Grab these healthy and satisfying meals every day! Power foodies are constantly on the go--going to work, going to the gym, headed out to play--and Rens Kroes wants you to take delicious and healthy food with you!

There's no reason to buy a smoothie at the spin class smoothie bar, make your own favorite Power Food smoothie and bring it with you! Busy days at work often mean finding a lunch at a food truck or, dare we say it, fast food. But it doesn't have to be that way with Power Food On the Go and Rens' make-ahead meal ideas! You'll be able to bring your own Power Food lunch with you to work. Energetic in every way, from the design, to the recipes, to the beautiful food and lifestyle photography within, Power Food On the Go will inspire you to embrace the Rens Kroes enthusiasm for food, health, and life on the go.

More than 150 plant-based, gluten-free, soy-free recipes! No matter where you land on the diet spectrum, more whole, plant-based foods can enrich your life and improve your health. If you're transitioning to a plant-based diet or you just want some ideas for preparing scrumptious veggie dishes, Heather Crosby provides a step-by-step guide to simply adding more delicious, health-boosting meals to your existing routine, whether you're a meat-eater or a vegan. YumUniverse: Infinite Possibilities for a Gluten-Free, Plant-Powerful, Whole-Food Lifestyle offers a creative collection of more than 150 craveable recipes without meat, dairy, gluten, or soy. But this is more than just a cookbook—it's a treasure chest that will help you build health-promoting habits and recipes of your own for a lifetime. As a former veggie-phobe, Heather knows firsthand how overwhelming yet rewarding the transition toward a plant-powerful diet can be, so she offers expert advice for folks seeking to adopt and maintain a whole-food approach to what they eat. Fans of YumUniverse.com, Heather's inspirational food website, and new readers alike will discover recipe goodness like her Fig & Caramelized Onion Tart and Almond-Cardamom Cream Chia Pudding with Fresh Berries, as well as divine desserts like Mexican Unfried Ice Cream and Chocolate & Salted Caramel Stack Cake. A plant-powerful, gluten-free lifestyle is delicious and doable. So, say "goodbye" to the dieting roller coaster and embrace a long-term wellness adventure with tasty, healthy, plant-inspired cuisine.

Washington D.C.'s culinary landscape is celebrated in the 14th annual Fall Dining Guide. From the Pulitzer Prize-winning Washington Post comes the food critic's essential guide to the D.C. dining scene. For his 14th Fall Dining Guide, Tom Sietsema selects his 40 favorite Washington D.C.-area restaurants, reflecting a much-changed dining scene with exciting new flavors. From bars and taco joints to four star local legends, the FALL DINING GUIDE has a dinner for everyone.

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