

The Lentil Cookbook Make The Most Of The Powerhouse Pulse With 100 Healthy And Delicious Recipes

Dan Jason,Hilary Malone,Alison Malone Eathorne

The Lentil Cookbook Lorenz Books,2016-11-10 The small ingredient that packs a super-sized nutritional punch, the humble lentil is a superfood that is endlessly versatile. It can lend itself to all kinds of dishes, from comforting bakes to spicy soups and succulent falafels. It can be used to thicken casseroles, add substance to salads and stuffings, and made into herby kofte balls. This book contains a wonderful selection of recipes from around the world, including Lentil and Pasta Soup, Puy Lentil and Cabbage Salad, Lentil Dhal, and Haddock with Spicy Puy Lentils. With a guide to all the different types of lentils available and how to cook and enjoy them, the book is a must for every healthy kitchen bookshelf.

A Fistful of Lentils Jennifer Felicia Abadi,2002 This intimate culinary food album features 125 Syrian-Jewish recipes, warm family anecdotes, and little-known stories of Syrian-Jewish culture. Syrian-Jewish cooking features meats simmered with cumin, allspice or cinnamon; savory vegetables stuffed or roasted; sweet and sour sauces; and lemony dressings.

The Bean, Pea & Lentil Cookbook Maria Luisa Scott,Jack Denton Scott,Consumer Reports Books,1991 Provides recipes for appetizers, soups, salads, vegetable dishes, side dishes, and main dishes that feature legumes.

Gluten-Free, Vegan Cooking in Your Instant Pot® Kathy Hester,2020-02-25 Healthy Meals That Taste as Good as They Make You Feel Kathy Hester, bestselling author of *The Ultimate Vegan Cookbook for Your Instant Pot®*, brings her signature simple style to this exciting new vegan recipe collection. From Chickpeas and Dumplings to The Easiest Vegan Mac and Cheese to Onion and Molasses Baked Beans and even Almond Berry Cake, each delectable recipe is made from whole foods and is not only plant-based and gluten-free but also soy-free, refined sugar-free and has low or no salt. This cookbook makes it easy to prepare amazing meals that are truly good for you! With these wholesome Instant Pot® recipes, you can have all the developed flavor of low and slow cooking in half the time with meals like Jackfruit White Bean Chili and Veggie Hunter's Lentil Quinoa Stew. You can even prepare kitchen staples tailored to your dietary needs with recipes like Easy DIY Yogurt without Soy!, No-Oil Vegan Corn Butter and Oil-Free Chickpea Sliceable Cheese. So whether you're a full-time vegan, gluten-intolerant or just looking to make healthier choices, this book has something for everyone.

Vegan Beans from Around the World Kelsey Kinser,2014-03-25 "If you think you're bored of beans, have no fear: with

Kinser's new book, you'll learn how simple beans can make adventurous vegan meals." —Parade Hearty, protein-rich and delicious, beans are the perfect base for countless delectable dishes. Bringing them all together in a single volume, Vegan Beans from Around the World covers every taste sensation, including: Boston Baked Beans Southwestern Chili Mexican Refried Beans Cuban Black Beans Colombian Red Beans African Curried Black-Eyed Pea & Coconut Soup Greek Lentil Salad Tuscan White Bean Soup Dutch Split Pea Soup South Indian Dal Tadka Korean Mung Bean Salad Japanese Red Bean Ice Cream "I love this cookbook . . . Easy recipes you can make without spending a fortune or an entire afternoon, and your family will actually want to eat them." —That Was Vegan? "Vegan Beans from Around the World definitely gives you a variety of flavors and great combinations! . . . I definitely recommend the book to any cook, not just vegan cooking!"—Simply Today Life "If I had someone who was looking to take a step away from meat and dairy, I would definitely recommend this book to them." —Holy Cannoli Recipes

The Amazing Make-Ahead Baby Food Book Lisa Barrangou, 2015-04-28 You can prepare three months' worth of healthy, homemade baby food in just three one-hour blocks of time! Perfect for busy parents, Dr. Lisa Barrangou's innovative plan features instructions for preparing, freezing, and effortlessly combining puree "building blocks" into quick, tasty meals. With fun combinations like Peachy Strawberry Salad, Coconutty Mango Lassi, Plum-Gingered Brocco-Quinoa, and Purple Papaya Flax Yogurt, The Amazing Make-Ahead Baby Food Book will help your baby cultivate an adventurous palate while providing a rainbow of nutrients.

Best of the Best from Dogwood Delights Cookbook Georgia AT&T Pioneers, 2009 The four classic Georgia Pioneers cookbooks with more than 4,000 outstanding recipes have now been condensed into one cookbook with 450 of the most exceptional recipes to be found anywhere! Best of the Best from Dogwood Delights Cookbook is a treasury of classic family recipes compiled by the AT&T Pioneers of Georgia. The most popular recipes from these four classic cookbooks have been selected, tested, edited for clarity, and collected into one book. This cookbook also contains interesting facts and illustrations showing the evolution of the telephone over the years.

Raw & Free Sophie Steevens, 2020-09-01 Sophie Steevens shares her favourite plant-based recipes and describes how she reversed a serious autoimmune disease by eating a completely plant-based diet. Four years on, she has fully recovered, her family have also embraced this lifestyle and they are all thriving. Sophie's hugely popular Instagram Raw and Free depicts her plant-based life with her gorgeous family of partner, professional surfer Ricardo Christie, and three young boys. Her stunning cookbook is packed with over 100 delicious, vibrant plant-based, gluten-free and refined-sugar-free recipes that she has devised, and that the whole family enjoys eating. There are easy, family-friendly wholefood recipes for all meals plus great information to help you get started, with material such as kitchen essentials, ingredient staples and lots of easy-to-follow tips for a wholesome, plant-based lifestyle.

The Pea and Lentil Cookbook Randall Duckworth, 2000 Take a gastronomic journey to ancient cultures where peas, lentils, and chickpeas have been enjoyed for thousands of years. This cookbook offers an exhilarating collection of more than 150 versatile, full-flavored recipes from around the world. Its 240 pages are filled with: beautiful color photography; easy basic cooking instructions for peas, lentils, and chickpeas; complete nutritional information for each recipe and health facts; mail-order sources; description of pea and lentil varieties and their special qualities; tips and trivia about ingredients, terms, and a bit of history, and much more. This one-of-a-kind cookbook will help you experience the delicious, natural goodness of dry peas, lentils and chickpeas for main dishes, side dishes, and baked goods.

Cool Beans Joe Yonan, 2020-02-04 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 JAMES BEARD AWARD NOMINEE • ONE OF THE BEST COOKBOOKS OF THE YEAR: 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!

My Greek Table Diane Kochilas, 2018-12-24 Celebrity chef and award-winning cookbook author Diane Kochilas presents a companion to her Public Television cooking-travel series with this lavishly photographed volume of classic and contemporary cuisine in My Greek Table: Authentic Flavors and Modern Home Cooking from My Kitchen to Yours. Inspired by her travels and family gatherings, the recipes and stories Diane Kochilas shares in My Greek Table celebrate the variety of food and the culture of Greece. Her Mediterranean meals, crafted from natural ingredients and prepared in the region’s traditional styles—as well as innovative updates to classic favorites—cover a diverse range of appetizers, main courses, and desserts to create raucously happy feasts, just like the ones Diane enjoys with her family when they sit down at her table. Perfect for home cooks, these recipes are easy-to-make so you can add Greece’s delicious dishes to your culinary repertoire. With simple-to-follow instructions for salads, meze, vegetables, soup, grains, savory pies, meat, fish, and sweets, you’ll soon be serving iconic fare and new twists on time-honored recipes on your own Greek table for family and friends, including: — Kale, Apple, and Feta Salad — Baklava Oatmeal — Avocado-Tahini Spread — Baked Chicken Keftedes — Retro Feta-Stuffed

Grilled Calamari — Portobello Mushroom Gyro — Quinoa Spanakorizo — Quick Pastitsio Ravioli — Aegean Island Stuffed Lamb — My Big Fat Greek Mess—a dessert of meringues, Greek sweets, toasted almonds and tangy yogurt Illustrated throughout with color photographs featuring both the food and the country, My Greek Table is a cultural delicacy for cooks and foodies alike.

Christina Cooks Christina Pirello,2004-01-06 Public television cooking show host Christina Pirello is the woman who put the fun back into healthy cooking. In Christina Cooks she's responded to the hundreds of questions that her viewers and readers have put to her over the years-with lots of sound, sane advice, hints, tips and techniques-plus loads of great recipes for scrumptious, healthy meals with a Mediterranean flair. A whole foods cookbook, Christina Cooks offers inventive ideas for breakfast, special occasions, and what to feed the kids. Chapters include Soups, Breakfast, Kids' Favorites, Beans, Grains, Vegetables, Beverages, and Desserts-Christina addresses popular myths about dairy and protein amongst other often misunderstood ideas about healthful eating.

Lucky Peach Presents 101 Easy Asian Recipes Peter Meehan,the editors of Lucky Peach,2015-10-27 “Delicious, straightforward recipes ... fill Lucky Peach: 101 Easy Asian Recipes, along with romping commentary that makes the book fun to read as well as to cook from.” —Associated Press Beholden to bold flavors and not strict authenticity, the editors of Lucky Peach present a compendium of 101 easy, Asian recipes that hit the sweet spot between craveworthy and stupid simple and are destined to become favorites. Your friends and lovers will marvel as you show off your culinary worldliness, whipping up meals with fish-sauce-splattered panache and all the soy-soaked, ginger-scallyony goodness you could ever want—all for dinner tonight. You'll never have a reason to order take-out again.

The Complete Indian Dal Cookbook Rekha Sharma,2020-04-16 Master delicious and nutritious recipes of dried beans, lentils, and peas that sustain a nation of 1.3 billion people!This Book Includes: All the basic information you will need to get started with Indian Cooking Basic Techniques of the Indian Kitchen with detailed directions 70 Recipes of Indian Masalas (Both powders and pastes) 60 Authentic Indian Dal Recipes: Dried Beans, Lentils, and Peas 60 Authentic Indian Rice Recipes: Pulao (Pilaf), Biryani, and Khichadi 60 Authentic Indian Bread Recipes: Griddle Breads, Deep Fried Breads, Tandoori Breads, Crepes, and Pancakes Bonus: 40 Indian Paneer Cheese Snacks, Curries, and Main Courses Bonus: 51 Indian Yogurt (Raita) Recipes Bonus: 40 Indian Salad Recipes Bonus: 50 Indian Soup Recipes Bonus: 40+ Indian Chutney Recipes Bonus: 34 Kebab Recipes Bonus: 26 Indian Pakora Recipes Bonus: 10 Indian Samosa Recipes Bonus: 7 Spicy Indian Relish Mixes Bonus: 8 Indian Mathiya Recipes Bonus: 10 Indian Potato Snack Recipes Bonus: 7 Indian Croquettes And Dumplings (Vadae) Bonus: 3 Steamed Rice Cake (Idli) Recipes Bonus: 6 Bean And Rice Cakes (Dhokla) Recipes Bonus: 5 Other Indian Street Foods Bonus: 20+ Indian Pickle Recipes

Made with Love & Plants Tammy Fry,2021-01-01 As a director of Meat-free Mondays in Australia and South Africa, it's

Tammy Fry's mission to enable other to live a happier and more energetic lifestyle through plant-based eating. Through her blog (seed-blog.com) and lifestyle workshops she has become a key influencer and thought leader in the plant-based, health and wellness world of holistic nutrition. *Made With Love & Plants* will not only present more than 75 wholefood, plant-based recipes, all beautifully photographed and styled, but also provide detailed yet easy-to-follow guidance on living the plant-based lifestyle. Tammy particularly understands how challenging the change to such a diet can be, and is there with helpful support and tips to make the journey easier. The recipes will encompass a full range of meals from breakfast through to treats, and for family and entertaining.

The Tiny Kitchen Cookbook Annie Mahle, 2021-09-28 Whether home is a small apartment, a tiny house or RV, a boat, or a college dorm room, space in the kitchen is nearly always at a premium. But cooking in a small kitchen, with minimal equipment, doesn't have to be limiting; it can actually be a great opportunity to hone food-prep skills and become a more efficient, versatile home chef. And the smarter the workspace, the easier it is to cook. In *The Tiny Kitchen Cookbook*, chef Annie Mahle shares her small-space cooking strategies and 50 of her favorite recipes she developed as the galley chef aboard the J&E Rigg, a windjammer she operated with her husband off the coast of Maine for many summers. From her 6-by-8-foot kitchen, she prepared three beautiful, flavorful meals from scratch every day, for up to 30 people. From versatile breakfast options, such as Sweet Corn and Jalapeno Pancakes or Pan Roasted Honey Pears with Oatmeal, to one-bowl salads and mains, stovetop meals such as Pan-Fried Red Snapper with Fresh Peas, Shiitakes, and Asparagus with Dill, dishes that can be prepared in the toaster oven (for cooks without a full oven) such as Cheese-Stuffed Meatballs with Fresh Tomato Sauce and Fettuccini, and even make-ahead desserts in a mug, every recipe is delicious and utterly attainable in a kitchen with as little as six square feet of counter space. Along with gorgeous recipes, Mahle delivers tips and techniques for making the most of a small kitchen. Strategies such as "shopping" the pantry before going to the store, transforming leftovers into new meals, create vertical storage options, and buy utensils that nest all help create meals with maximum flavor in minimal space. This publication conforms to the EPUB Accessibility specification at WCAG 2.0 Level AA.

Power Pulses Tami Hardeman, 2017-02-28 Supercharge your plate with superfood beans and pulses. Pulses offer healthy eating made easy, quick, varied and flexible. *Power Pulses Cookbook* is the perfect way to revolutionise your diet using lentils, dry peas, beans, and chickpeas to deliver powerful protein- and heart-healthy benefits. Create tasty spicy carrot hummus, quick and simple soups, and hearty bean salads. Try dinner dishes such as lentil bolognese and delicious desserts such as black bean brownies. The recipes are all vegetarian but can be flexed to work for carnivores or vegans too, with clever substitutions or additions, so you can keep everyone in the family happy. Pulse exchanges give you suggestions for alternatives if you want to ring the changes or work with what's in your storecupboard. A cookbook that works for healthy eating, with easy vegetarian and vegan recipes, everyday superfoods, and lots of flavour.

The Kripalu Kitchen Jeremy Rock Smith, David Joachim, 2019-04-16 A lavishly illustrated cookbook featuring 125 delicious, easy-to-prepare, revitalizing, and detoxifying recipes from the executive chef at North America's largest yoga-based healing and education center NAMED ONE OF THE "NEW COOKBOOKS TO BUY THIS SPRING" BY EPICURIUS • "An eminently useful resource for those looking to expand their repertoire of healthy dishes."—Publishers Weekly The Kripalu Center for Yoga & Health, nestled in the Berkshire mountains of western Massachusetts, attracts more than fifty thousand people a year. Guests flock there not only to deepen their yoga practice but also to experience the healing power of its famously delicious food. Now you can bring Kripalu's most popular dishes to your own table. Kripalu's longtime and popular executive chef, Jeremy Rock Smith, embraces a mindful approach to eating and a seasonal approach to cooking. In *The Kripalu Kitchen*, he offers 125 easy-to-follow mouthwatering recipes, dozens of variations, and countless smart eating strategies designed for a variety of dietary preferences—from vegan and vegetarian to gluten-free, grain-free, dairy-free, and sugar-free. The 5-ingredient and 30-minute recipes ensure that even the busiest of us can enjoy this phenomenal food. Inside you'll discover • Bountiful breakfasts: from Coconut French Toast with Thai Ginger Maple Syrup to Vegan Ginger Scones • Restorative preparations: from Kripalu's famed Morning Broth to the traditional south Indian porridge Upma • Satisfying suppers: from Linguine with Pumpkin Sage "Alfredo" and Kale Pesto to Mushroom Cheesesteaks • Decadent desserts: from Gluten-Free Salted Double Chocolate Chip Cookies to Gluten-Free Whole-Grain Vegan Brownies to Gluten-Free Vegan Swami Kripalu Birthday Cake Honoring the wisdom of Ayurvedic healing practices, *The Kripalu Kitchen* also includes a simple test to determine your personal nutrition profile, or dosha, and every recipe is marked to guide you toward the optimal diet for your type. More than just a healthy cookbook, *The Kripalu Kitchen* will revitalize your body and nourish your soul.

The Dal Cookbook Krishna Dutta, 2015-12-16

The Power of Pulses Dan Jason, Hilary Malone, Alison Malone Eathorne, 2016-04-09 For those who are committed to increasing self-reliance and supporting locally available food sources, pulses are an often-overlooked source of ethical protein. Dan Jason, owner of Salt Spring Seeds, is a long-time advocate of pulses as a healthy and environmentally responsible alternative to meat and tofu. In *The Power of Pulses*, Jason provides tips on how North American home gardeners can grow and save their own delicious, vividly hued heirloom beans, peas, chickpeas, lentils and favas. As well as being incredibly versatile in the kitchen, pulses are also rich in fibre, high in vitamin B, gluten-free and remarkably low on the glycemic index—contributing to good health and helping to reduce the risk of diabetes, heart disease and other chronic illnesses. In *The Power of Pulses*, talented foodie-sister team Hilary Malone and Alison Malone Eathorne collaborate with Jason to create 40+ vegetarian recipes featuring fresh and inventive uses for the garden's bounty, including Broad Bean Succotash with Fresh Ricotta & Poached Eggs on Toast, Crispy Chickpea Power Bowl with Kale, Quinoa and Dukkah Crunch and even Black Bean Brownies with Espresso Ganache. Vibrantly illustrated, this exciting garden-to-kitchen volume is sure to

inspire readers to harness the power of pulses!

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