

recipes from an ecological kitchen

healthy meals for you and the planet



LORNA J. SASS author of Cooking Under Pressure

Recipes From An Ecological Kitchen

Sam Mogannam, Dabney Gough



Recipes From An Ecological Kitchen:

Recipes from an Ecological Kitchen Lorna J. Sass, 1992 More than three hundred recipes for soups grain dishes rice pasta beans tofu and more help readers pick their way through the health food store and choose a diet that can have a positive impact on the world 50 000 first printing Tour Green Kitchen Travels David Frenkiel, Luise Vindahl, 2014-09-15 Delicious nutritious and healthy vegetarian and vegan food inspired by flavors from around the world from the Green Kitchen Stories family The Green Kitchen Stories family David Luise and their children are a family who love to travel Hungry to see and taste more of the world they embarked on an around the world trip with their seven month year old Start the day with indulgent almond pumpkin waffles from San Francisco tuck into a raw beansprout pad thai from Thailand for lunch and a Sri Lankan vegetable curry for supper With easy to find ingredients and simple instructions these recipes are sure to be a success With stunning photography and food styling as well as personal anecdotes and images from the authors travels Green Kitchen Travels shares modern and inspiring vegetarian vegan and gluten free recipes for all appetites *The Green Kitchen* David Frenkiel, Luise Vindahl, 2013-04-01 David Frenkiel and Luise Vindahl are the new faces of exciting vegetarian food Their Green Kitchen Stories blog has a cult following and continually inspires people around the world to cook super tasty healthy vegetarian recipes using only natural ingredients In The Green Kitchen they delight meat eaters and non meat eaters alike as they share over 100 of their favourite family recipes Combining everyday pantry staples with fresh in season produce David and Luise tell the stories of their family kitchen affirming just how easy it is to create nourishing well balanced dishes on a daily basis Learn how to whip up herb and asparagus frittata for breakfast fennel and coconut tart for lunch and beet bourguignon for a supper to share with friends Have your cake and eat it too with the nutritious frozen strawberry cheesecake on a sunflower crust or indulge in the double chocolate raspberry brownie Discover an array of soups salads juices and small bites that are simple to make but bold in flavour and stunning in presentation Start your love affair with vegetarian eating with The Green Kitchen Featuring gorgeous photography throughout this beautiful cookbook will inspire everyone to cook and eat food that is good for the body and soul **Vegetarian Everyday** David Frenkiel, Luise Vindahl, 2013 A fresh seasonal take on vegetarian cooking for the whole family When David Frenkiel and Luise Vindahl became a couple they decided to make a concerted effort to cook truly healthy food in their home together When their daughter Elsa came along this became even more important They knew they wanted to stick to vegetarian but they also knew the food had to be delicious enticing and wholesome In this book they share more than 100 recipes they have developed in the past four years of building a family together Vegetarian Everyday is filled with innovative ideas for using nutritious whole ingredients in new ways The authors turn broccoli into pesto make a pizza crust from ground cauliflower and brighten mushroom burgers with grilled peaches Among their most beloved recipes are Strawberry Gazpacho Quinoa Vegetable Chorizo Salad Potato Pizza with Goat Cheese Beet Bourguignon and Chocolate Blackberry Milkshake Because the recipes

avoid dairy refined flour and sugar this book provides plenty of inspired dishes for those with allergies Bursting with color and flavor this is vegetarian cooking that the whole family can love Publisher s description **Green Kitchen at Home** David Frenkiel,Luise Vindahl,2017-05-02 In Green Kitchen at Home bestselling authors and bloggers David Frenkiel and Luise Vindahl are back this time with simple yet delicious recipes that can be cooked during a busy week and will allow you to sneak more vegetables into your diet This book makes vegetarian food a little more accessible and features wholesome food that everyone including meat eaters will love Recipes are smartly composed so they are easy to make David and Luise will show how to add more vegetables into all kinds of dishes from breakfast pancakes to bread and desserts And for the first time they will even feature shortcuts how a recipe can be made even easier to using store bought pesto or canned beans if you re time poor or how various vegetables or other ingredients can be substituted There will also be weekend dinner recipes that take a little more time and more ingredients and a clever section on batch recipes that can double as a building block for more meals throughout the week will make your life so much easier With stunning photography and food styling as well as personal anecdotes and images shot by David Green Kitchen at Home shares modern and inspiring vegetarian vegan and gluten free recipes **Green Kitchen Smoothies** David Frenkiel,Luise Vindahl,2016-06-16 In Green Kitchen Smoothies bestselling authors and bloggers David Frenkiel and Luise Vindahl share their favourite smoothie recipes as well as some exciting ideas that will give you the confidence to create your own Divided into two main sections Simple Smoothies and Showstoppers this is a book perfect for both smoothie enthusiasts and newbies There are options for pre and post workout bedtime and breakfast and smoothies especially for kids or adults who need more greens in their diet David and Luise also share their recipes for nut milks juices granola and more which will add extra sustenance and texture to your drinks From smoothie bowls to parfaits milkshakes popsicles and even desserts this is a collection of irresistible fun smoothies that you will love **My New Roots** Sarah Britton,2015-03-31 At long last Sarah Britton called the queen bee of the health blogs by Bon App tit reveals 100 gorgeous all new plant based recipes in her debut cookbook inspired by her wildly popular blog Every month half a million readers vegetarians vegans paleo followers and gluten free gourmets alike flock to Sarah s adaptable and accessible recipes that make powerfully healthy ingredients simply irresistible My New Roots is the ultimate guide to revitalizing one s health and palate one delicious recipe at a time no fad diets or gimmicks here Whether readers are newcomers to natural foods or are already devotees they will discover how easy it is to eat healthfully and happily when whole foods and plants are at the center of every plate *The Sprouted Kitchen* Sara Forte,2012-08-28 Sprouted Kitchen food blogger Sara Forte showcases 100 tempting recipes that take advantage of fresh produce whole grains lean proteins and natural sweeteners with vivid flavors and seasonal simplicity at the forefront Sara Forte is a food loving wellness craving veggie enthusiast who relishes sharing a wholesome meal with friends and family The Sprouted Kitchen features 100 of her most mouthwatering recipes Richly illustrated by her photographer husband Hugh Forte this bright vivid book celebrates the

simple beauty of seasonal foods with original recipes plus a few favorites from her popular Sprouted Kitchen food blog tossed in for good measure The collection features tasty snacks on the go like Granola Protein Bars gluten free brunch options like Cornmeal Cakes with Cherry Compote dinner party dishes like Seared Scallops on Black Quinoa with Pomegranate Gastrique meaty vegetarian meals like Beer Bean and Cotija Stuffed Poblanos and sweet treats like Cocoa Hazelnut Cupcakes From breakfast to dinner snack time to happy hour The Sprouted Kitchen will help you sneak a bit of delicious indulgence in among the vegetables

Big Green Cookbook Jackie Newgent, 2009-04-06 Reduce Your Carbon Footprint with Green Cuisine Going green has spread to the kitchen Big Green Cookbook is the first comprehensive climate conscious cookbook ideal for both culinary novices and experienced cooks Food and health expert Jackie Newgent reveals simple practical and sometimes even money saving solutions for choosing and preparing food in planet pleasing ways It has never been easier to create everyday meals that maximize flavor while minimizing your environmental impact Inside you ll find A green kitchen checklist Over 200 delicious easy to prepare seasonal recipes that feature fresh all natural foods Guidelines for going organic and tips for buying locally Nutrition information and earth friendly cooking tips with every recipe Clever new techniques for low carbon cooking An eco friendly shopping guide and seasonal produce guide The Big Green Cookbook shows you how deliciously easy it can be to reduce your carbon food print It s the perfect tool for anyone who wants to eat well and treat the earth right Ellie Krieger host of Food Network s Healthy Appetite and author of The Food You Crave Big Green Cookbook is THE step by step guide for greening your kitchen and your cuisine Packed with easy tips and fantastic recipes based on the best of the season Jackie Newgent shows America how tasty green cuisine can be and why it s so critical to our planet Kate Geagan MS RD author of Go Green Get Lean

Recipes from an Ecological Kitchen Lorna J. Sass, 1992 The Perennial Kitchen Beth Dooley, 2021-05-04 Recipes and resources connect thoughtfully grown gathered and prepared ingredients to a healthy future for food farming and humankind Knowing how and where food is grown can add depth and richness to a dish whether a meal of slow roasted short ribs on creamy polenta a steaming bowl of spicy Hmong soup or a triple ginger rye cake kissed with maple sugar honey and sorghum Here James Beard Award winning author Beth Dooley provides the context of food s origins along with delicious recipes nutrition information and tips for smart sourcing More than a farm to table cookbook The Perennial Kitchen expands the definition of local food to embrace regenerative agriculture the method of growing small and large crops with ecological services These farming methods grounded in a land ethic remediate the environmental damage caused by the monocropping of corn and soybeans In this thoughtful collection the home cook will find both recipes and insights into artisan grains nuts fruits and vegetables that are delicious and healthy and also help retain topsoil sequester carbon and return nutrients to the soil Here are crops that enhance our soil nurture pollinators and song birds rebuild rural economies protect our water and grow plentifully without toxic chemicals These ingredients are as good for the planet as they are on our plates Dooley explains how to stock the pantry with artisan grains heritage dry beans fresh

flour healthy oils and natural sweeteners She offers pointers on working with grass fed beef and pastured pork and describes how to turn leftovers into tempting soups and stews She makes the most of each season's bounty from fresh garlic scape pesto to roasted root vegetable hummus Here we learn how best to use nature's fast foods the quick cooking egg and ever reliable chicken how to work with alternative flours as in gingerbread with rye or focaccia with Kernza and how to make plant forward nutritious vegan and vegetarian fare Among other sweet pleasures Dooley shares the closely held secret recipe from the University of Minnesota's student association for the best apple pie Woven throughout the recipes is the most recent research on nutrition along with a guide to sources and information that cuts through the noise and confusion of today's food labels and trends Beth Dooley looks back into ingredients healthy beginnings and forward to the healthy future they promise At the center of it all is the cook linking into the regenerative and resilient food chain with every carefully sourced thoughtfully prepared and delectable dish

Gaia's Kitchen Julia Ponsonby, Schumacher College, 2008 For almost 20 years Schumacher College at Dartington has been brewing up a unique potpourri of human connections raising ecological awareness and stimulating taste buds and this recipe collection brings together the best dishes from the college For many students and teachers their stay at the college opened their eyes to how delicious vegetarian cooking can be The cuisine at the college calls upon the best of Mediterranean Californian Indian and Mexican vegetarian cooking it celebrates old favorites rich in cheese and eggs and offers a variety of tempting new vegan dishes using ingredients such as pulses tofu and tempeh The cookbook discusses the ecological dimension of food production together with issues concerning nutrition and special diets Gaia's Kitchen offers a full repertoire of soups main courses salads desserts breads cakes and biscuits Alongside family size quantities the book includes community size quantities making it invaluable for teaching centers communities and anyone who wants to prepare a vegetarian banquet for 30 or 40 friends

In the Green Kitchen Alice Waters, 2010-04-06 Alice Waters has been a champion of the sustainable local cooking movement for decades To Alice good food is a right not a privilege In the Green Kitchen presents her essential cooking techniques to be learned by heart plus more than 50 recipes for delicious fresh local and seasonal meals from Alice and her friends She demystifies the basics including steaming a vegetable dressing a salad simmering stock filleting a fish roasting a chicken and making bread An indispensable cookbook she gives you everything you need to bring out the truest flavor that the best ingredients of the season have to offer Contributors Darina Allen Dan Barber Lidia Bastianich Rick Bayless Paul Bertolli David Chang Traci Des Jardins Angelo Garro Joyce Goldstein Thomas Keller Niloufer Ichaporia King Peggy Knickerbocker Anna Lapp Bryant Terry Deborah Madison Clodagh McKenna Jean Pierre Moull Joan Nathan Scott Peacock Cal Peternell Gilbert Pilgram Clair Ptak Oliver Rowe Amaryll Schwertner Fanny Singer David Tanis Poppy Tooker Charlie Trotter Jer me Waag Beth Wells

Keto-Green 16 Anna Cabeca, DO, OBGYN, FACOG, 2024-01-02 An innovative 16 day plan that combines the fat burning benefits of a ketogenic diet with the brain clearing and keto flu protection of alkaline food by the USA Today bestselling author of The Hormone Fix A

powerful program that paves the way for lasting health longevity and disease resistance David Perlmutter MD New York Times bestselling author of Grain Brain Are you having a hard time losing weight Do you suffer from brain fog lack of focus or poor memory Do you run out of energy halfway through the day Do you have unwanted cravings If you answered yes to any of these questions join the club In this revolutionary book Dr Anna Cabeca shares a proven way to finally give you the results you want need and deserve There is no question that going keto works This strict high fat low carb diet denies the body glucose as a main source of energy and instead promotes the production and use of ketone bodies as fuel It s a great way to move you off a weight plateau gain willpower and get results fast But going keto also often results in gastrointestinal discomfort low energy and moodiness known as the keto flu which makes the diet hard to sustain The solution Add alkaline foods leafy greens other vegetables broths healthy oils nuts and seeds for a lifestyle that s more sustainable and easier on your body In other words Go Keto Green and thrive A triple board certified physician Dr Anna Cabeca developed her method through years of careful patient and test panel research In Keto Green 16 she explains the science behind her innovation Hormone production dips as a woman ages leading to increased visceral fat By pairing keto diet staples with foods that bring the body s pH to a more alkaline level you ll shed belly fat while balancing the hormones responsible for that bulkier midsection And by fueling your brain with ketones like rocket fuel instead of gasoline you ll make better decisions including healthier choices for what to eat The unique nutritional balance of the Keto Green 16 diet also boosts mood With 16 days of what to eat instructions including a version for vegetarians and vegans more than 50 delicious breakfast lunch dinner and snack recipes information about the 16 best alkaline foods a 16 hour intermittent fasting strategy 16 minute HIIT exercise routines and a chapter outlining the specifics of the nutritional plan just for men Keto Green 16 will ensure that you skip the flu and get on with rapid and amazing weight loss

The French Market Cookbook Clotilde Dusoulier, 2013-07-02 Cook from the farmer s market with inspired vegetarian recipes many of which are gluten free and dairy free with a French twist all highlighting seasonal produce Beloved ChocolateAndZucchini com food blogger Clotilde Dusoulier is not a vegetarian But she has like many of us chosen to eat less meat and fish and is always looking for new ways to cook what looks best at the market In *The French Market Cookbook* she takes us through the seasons in 82 recipes and explores the love story between French cuisine and vegetables Choosing what s ripe and in season means Clotilde does not rely heavily on the cheese cream and pastas that often overpopulate vegetarian recipes Instead she lets the bright flavors of the vegetables shine through carrots are lightly spiced with star anise and vanilla in a soup made with almond milk tomatoes are jazzed up by mustard in a gorgeous tart winter squash stars in golden Corsican turnovers and luscious peaches bake in a cardamom scented custard With 75 color photographs of the tempting dishes and the abundant markets of Paris and with Clotilde s charming stories of shopping and cooking in France *The French Market Cookbook* is a transportive and beautiful cookbook for food lovers everywhere

Olives, Lemons and Za'atar Rawia Bishara, 2019-09-03 Tangy lemony tabbouleh smoky rich baba ghanouj

beautifully spiced lamb shank the recipes in *Olives Lemons Za atar* provide something irresistible for every occasion These dishes represent the flavors of Rawia s Middle Eastern childhood with recipes copied faithfully from family cookbooks her mother s most treasured harissa and then developed with a creative flourish of her own Her food is deeply personal and so she includes the classics but also the Mediterranean influences that come from summer holidays in Spain and living in Bay Ridge the old Italian neighbourhood in Brooklyn The result is a sensational cross cultural mix and provides you with everything you need to enjoy the best home cooking and share the most convivial Middle Eastern hospitality *Bi-Rite Market's Eat Good Food* Sam Mogannam,Dabney Gough,2011-10-18 A cookbook and market guide from the nation s premier neighborhood grocery store featuring expert advice on how to identify the top ingredients in any supermarket and 90 vibrant recipes that make optimal use of the goods San Francisco s Bi Rite Market has a following akin to a hot restaurant its grocery goods and prepared foods have made it a destination for lovers of great food In *Eat Good Food* former chef turned market owner Sam Mogannam explains how to source and use the finest farm fresh ingredients and artisanal food products decipher labels and terms and build a great pantry *Eat Good Food* gives you a new way to look at food not only the ingredients you buy but also how to prepare them Featuring ninety recipes for the dishes that have made Bi Rite Market s in house kitchen a destination for food lovers combined with Sam s favorite recipes you ll discover exactly how to get the best flavor from each ingredient Dishes such as Summer Corn and Tomato Salad Spicy String Beans with Sesame Seeds Roasted Beet Salad with Pickled Onions and Feta Ginger Lemongrass Chicken Skewers with Spicy Peanut Dipping Sauce Apricot Ginger Scones and Chocolate Pots de Cr me will delight throughout the year No matter where you live or shop Sam provides new insight on ingredients familiar as well unique including Why spinach from open bins is better than prepackaged greens What the material used to wrap cheese can tell you about the quality of the cheese itself How to tell where an olive oil is really from and why it matters What never ever programs are and why you should look for them when buying meat More engaging than a field guide and more informative than a standard cookbook and with primers on cooking techniques and anecdotes that will entertain enlighten and inspire *Eat Good Food* will revolutionize the way home cooks shop and eat *The Chinese Kitchen* Deh-Ta Hsiung,2002-02-19 There s no cuisine more rich with flavor color texture variety and tradition than Chinese cooking From the familiar to the exotic this comprehensive and stunningly illustrated sourcebook organized by ingredient is a master chef s catalog of what makes this centuries old cuisine so vibrant today Complete with historical background information on buying and storing ingredients and exquisite recipes *The Chinese Kitchen* is a must have for everyone s Chinese kitchen Entries include Bean Sprouts Black Bean Sauce Chinese Cabbage Dumplings Eggplant Five Spice Powder Ginger Lotus Root Peanuts Plum Sauce Shrimp Paste Soft Shell Crab Straw Mushrooms Tofu Tea Wontons Water Chestnuts and much more

Live Raw Mimi Kirk,2011-06-22 Raw food cookbook for anyone wanting to be healthier Recipes that will lead to whole beauty you will look and feel beautiful Learn from Mimi Kirk who is routinely taken to be at least twenty years younger than

her age Everyone knows that eating well makes you feel your best Mimi Kirk is living proof that eating well ideally raw vegan food can also make you look younger Her raw vegan cookbook *Live Raw* shares 120 recipes mixed with must have advice She covers topics including Detoxifying So Gravity Won't Get You Down What You Need to Eat Every Day and Why Delicious Raw Food Recipes That Won't Scare Off Non Vegetarians Learn how to feel and look better with Mimi Kirk and this low fat raw vegan cookbook

Great Vegetarian Cooking Under Pressure Lorna J. Sass, 2013-04-23 Under pressure to prepare a quick nutritious dinner Under pressure to reduce your fat and cholesterol When the pressure's on for a great vegetarian meal on the run turn to Lorna Sass's second guide to the safe and delicious use of the pressure cooker This collection of recipes dispels the myth of the difficult to use pressure cooker which is in fact easier and faster than the microwave and shows how vegetarian fare can be vibrantly colorful and full of flavor Bursting with rich soups hearty stews and casseroles zesty curries and flavor packed chilis *Great Vegetarian Cooking Under Pressure* brings together over 150 recipes most with cooking times of under ten minutes Arrive in Provence with a two minute soupe au pistou laced with garlic and fennel serve up an elegant zucchini bisque with tomatoes and fresh basil in just five minutes or prepare a polenta good enough for a palazzo in only ten minutes There are also scores of perfect vegetable side dish recipes with an instructive chart detailing how to prepare everything from artichokes to zucchini Lorna Sass devotes special attention to grains a vital part of the healthy diet and shows how brown rice millet couscous quinoa and bulgur can turn from gourmet store items into staples of your pantry Whether it's Risotto with Broccoli Rabe and White Beans in five minutes or Mediterranean Vegetable Couscous in just six these recipes lock in delicious nutrition without tying up precious time There's even a section about the splendid desserts that are possible with the pressure cooker like Banana Pudding Cake and Pumpkin Bread Pudding Filled with informative sections about the equipment ingredients and language of pressure cooking suggestions for theme menus and mail order resources this compendium of high quality high fiber low fat and mostly cholesterol free dishes will become an essential guide for today's bustling cook

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