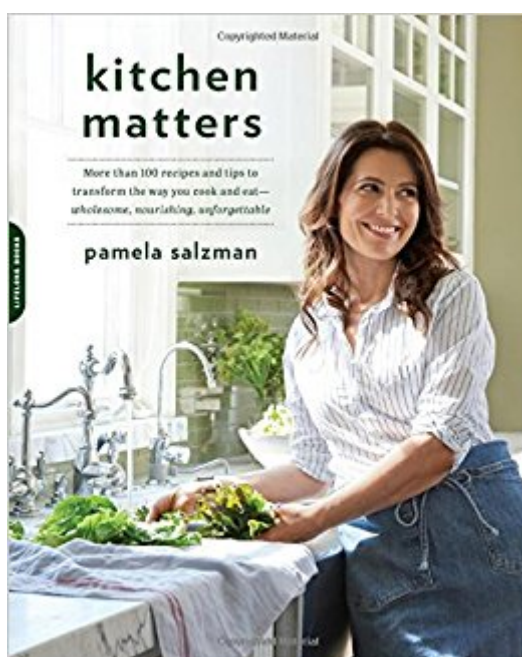


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# Kitchen Matters: More Than 100 Recipes And Tips To Transform The Way You Cook And Eat--Wholesome, Nourishing, Unforgettable



## Synopsis

Pamela Salzman shares a simple but powerful mantra with the students who attend her famed cooking classes: Eat well, live well, be well. Now, in *Kitchen Matters*, she shares the recipes that have won the praise of Nicole Richie, Rashida Jones, Audrina Patridge, and other mega-fans. Customizable for vegetarian, vegan, and grain-free diets, the recipes rely on accessible veggie-forward ingredients that are anti-inflammatory and nutrient-dense. Both practical and elegant, *Kitchen Matters* offers a roadmap for new and busy home cooks to begin including more wholesome foods every day, for meals as nourishing as they are unforgettable. "Isn't [Pamela] amazing? I couldn't boil water and now I regularly make dinner for my family." -Jenni Kayne, fashion designer

## Book Information

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## Customer Reviews

"Browsing through Pamela's recipes always makes me feel hungry and this book is no exception. She has a real talent for combining fresh, real ingredients in a way that simply makes you want to eat them. Whether you're just getting started with cutting out processed food or you're a seasoned cook, her easy and delicious recipes and simple philosophy will appeal to just about anyone!" •Lisa Leake, #1 New York Times bestselling author of *100 Days of Real Food* "When I became a mom, cooking healthy meals at home became a priority. Pamela's teaching and recipes make it super easy! Her tips for planning meals and prepping ahead have changed my life." •Molly Sims

Pamela Salzman is a certified holistic health counselor who teaches cooking classes full-time. She

lives in Manhattan Beach, California, with her husband and three children. [pamelasalzman.com](http://pamelasalzman.com)  
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I followed pamelas's blog for years and whenever I wanted a recipe, I would check her site first because I knew it would be healthy, easy to make, quick, and delicious - even for my picky eaters. I am overjoyed that she put out a cookbook. Even just flipping through it so far, there is so much useful info about what to keep stocked, what to buy organic, etc...and of course I've already dogearred recipes that I can't wait to make. Such a helpful resource, especially if you want to try to cook more healthy meals. It's awesome!

Pamela Salzman has literally changed our family life! While I have known Pamela for several years, I started consistently following her blog and making her recipes one year ago. My family noticed immediately. Since then, I have made a "Pamela dinner" two to three times a week. Everything I make is a "hit"-- delicious, healthy, and nourishing. I have three teenage children: an older daughter who wants healthy and adventurous food, a son who simply NEEDS TO EAT, and a younger daughter, "Mrs. Picky" (you'll see Pamela refers often to her son, "Mr. Picky") who would eat pasta with butter and parmesan every night, if I let her. I can please all three with Pamela's recipes, which is no small feat! My husband is beyond delighted, and so complimentary. My girlfriends and I commiserate about how, every single day, we wake up and we are in charge of feeding our family all over again; Pamela makes this a breeze, not just with her recipes, but with weekly dinner plans on her blog, and tips along the way to give you flexibility and confidence. I was thrilled when Pamela published her first cookbook, *Kitchen Matters*. In it, she shares a collection of her recipes which represent just what she stands for: innovative, healthy, uncomplicated, and most of all, delicious! Since my focus is dinner, I highly recommend: "Slow Cooker Chicken Tacos", "Grilled Lemon-Herb Shrimp", "Wild Salmon 7 Ways", "Balsamic-Herb Flank Steak", "Picadillo", and "Sweet Potato and Quinoa Veggie Burgers". Pamela's cookbook is not only essential in my kitchen, but is my go-to hostess and birthday gift. I just ordered 5 more copies to have on hand, because I can't think of a better gift than to share the joy Pamela has brought to my family. Thank you, Pamela!!

Can I say life changing?? I know it's only a book, but truly, in just a few short weeks, I've transformed my family dinners, learned a ton about healthy eating and have finally gained some respect from my family in the kitchen!!! I was always intimidated by cookbooks...too many ingredients, too much time to prep and cook..only to have my family's taste buds disappointed with

my efforts. Well, happy to report, Kitchen Matters stopped this cycle! Thank you for the education, the simple step-by-step directions and most importantly, the tastiest dinners we have ever had. Bring on Kitchen Matters #2. Fan Forever...Kim

Wonderful book with healthy and delicious recipes. The book arrived in the mail and a few hours later we were eating Loaded Baked Potato Soup (in 85 degree weather) because the recipe was that enticing! The book is full of great tips and lots of options/substitutes to cater to your taste and to the ingredients you have on hand. I'll be buying several more copies as gifts for friends!

LOVE! This cookbook shows you how to change the way you and your family eat...healthy recipes made simple. Eating healthy is no longer complicated. Good health begins with what you put into your body. When you eat better, you feel better. It's that easy. Pamela Salzman outlines this in her new cookbook, "Kitchen Matters". I have had the privilege of being able to take cooking classes with Pamela for several years. She has taught me and I have learned how to feed my family of 7 every night with healthy delicious recipes. My kids all love the new items that I have introduced into their lives. I have even taken it a step farther by starting my own cooking classes for children teaching them how to make easy and healthy recipes. It all starts with Pamela Salzman and this wonderful cookbook with beautiful photographs. Every kitchen should have this book on its shelf.

As an undergrad in college, this is the first cookbook I have purchased in my life and it has been fantastic! I have used several recipes in the past from her website and the thing I have loved the most is how simple the recipes were for someone of my skill level in cooking which remains the theme throughout this book. My roommates and I have loved making our own healthier meals together as opposed to going out for every meal. I would highly recommend this book to anyone of any skill level who is looking for tasty, healthy meal options that can be made with ease.

Pamela has a gift when it comes to developing recipes that are delicious, nutritious, and actually good for you. Plus in conjunction with her Instagram posts and blog, the reader gets inculcated in what to shop for, why some ingredients are better for you than others, and she even takes you on her personal grocery trips. Lastly, she is very relatable to those of us that are interested in eating and preparing food that is good and good for you. This is by far one of the best cookbooks I've ever purchased. Thanks Pamela!

I've been a fan of Pamela's blog for many years and recently had the pleasure of taking one of her cooking classes. I was thrilled to know she was publishing a cookbook and after reading it cover to cover, I can say it was everything I had hoped for and more. From the beautiful photography, to the way she has organized the recipes - everything is extremely well thought out with easy to follow directions and great descriptions. I have been inspired to try to cook and eat healthier and more cleanly and Pamela's recipes make that so easy to do. I find her flavor profiles to be spot on and really enjoy how approachable she makes eating and cooking whole foods. I'm excited to try most of the recipes in her book and would highly recommend it for anyone looking to make great tasting and healthful meals.

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