

Synopsis

This encyclopedic guide to cooking the 50 most nutritious fruits and vegetables in the world comes from Melissa's Produce, the largest supplier of specialty produce in the United States. Cooks of all skill levels will love these 150 recipes for simple sides, breakfasts, dinners, and healthful desserts that make the most of fresh, accessible produce, from memory-boosting blackberries to antimicrobial chili peppers to vitamin A-rich watermelon. Featuring health and nutritional information, tips for buying and storage, quick recipe riffs, and gorgeous shots of finished dishes as well as photographs of individual fruits and vegetables, this impressive package is an indispensable resource for home cooks looking to put more fruits and vegetables on the table every day.

Book Information

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Customer Reviews

Cathy Thomas is the award-winning food columnist for the Orange County Register. She lives in Huntington Beach, California. Angie Cao is a food and lifestyle photographer based in San Francisco, California. Cheryl Forberg, RD, is a bestselling author and the original nutritionist for NBC's The Biggest Loser. She lives in California's Napa Valley.

After a friend recommended this book, I looked it up on and read the reviews. I want to thank the reviewer who was so unhappy with the author's use of canola oil in a recipe. Her review prompted me to do my own research; however, I reached a different conclusion. Canola oil--yes, it was developed at the University of Manitoba in the 1970s from rapeseed--is not a toxic or dangerous

substance. In fact, professional organizations dedicated to nutrition and/or health (such as the Academy of Nutrition and Dietetics and American Heart Association) recommend it. So back to the book. It is a nutrition geek's dream! The author discusses the food value and the availability of each item, and then she provides recipes. Let me add here that the book looks great on my kindle. (If you are an e-book owner, you know that not all e-books retain the quality of a print book.) I'm sharing my enthusiasm about this book with my nutrition geek friends.

I really appreciate the descriptions for the plants. It makes vegan that much easier to be. I have this book on Kindle, so all my books go where I go.

I like this book because it describes the vegetables & fruits that pack the most nutrients with easy to make recipes that incorporate them. If you are trying to eat more vegetables / transition towards less meat / healthy eating lifestyle than this is the book for you. It gives the calorie count too - of the vegetable serving by itself and the suggested recipe. So works very well for those monitoring the intake. Even if you are not into any of it, and just want to educate yourself this is a good book. Pictures and text is well balanced. Could be used to inculcate healthy eating & cooking habits in kids. All in all a good buy. Recommended!

This book has very healthy recipes that are extremely easy to prepare. The recipes are so packed with flavor that you forget how nutritious they are!!! I highly recommend it.

The beautiful photographs make this a great book for browsing. It's wonderful for trying out new healthy recipes that focus on making vegetables the highlight of a meal.

This book starts with A and ends with Z and lists many plants that are healthy to eat. If you do not know a great deal about vegetables, then you will find this book quite interesting. It was a bit of a refresher course for me. 50 Plants is a large, well illustrated and comprehensive book describing many vegetables and giving many interesting recipes. I would have liked to see more in-depth discussions of the vegetables, but I was not starting at ground zero. I would recommend this book most highly to anyone who is just beginning to think of incorporating more vegetables into their diet and needs to know some great ways to prepare them.

I got this book because, living alone, I'm tired of going out all the time to find good vegetarian food.

Although not limited to vegetarian dishes, a non-meat alternative is always available. There are vegetables that I never even thought about included in the dishes in this book. Also, I find it to be an extremely entertaining and informative read.

Great book, very well written, nice heavyweight paper. Definitely a book to keep forever. This book not only has very nice pictures of each plant but also tells you what the health benefits of eating the plant are. It also has several recipes for each plant.

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Best Green Eats Ever: Delicious Recipes for Nutrient-Rich Leafy Greens, High in Antioxidants and More (Best Ever)
Nutrient Requirements of Dogs and Cats (Nutrient Requirements

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