



The Moosewood Restaurant Cooking for Health: More Than 200 New Vegetarian and Vegan Recipes for Delicious and Nutrient-Rich Dishes

Moosewood Collective

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Motivated by the simple principle that eating more vegetables, fruits, and whole grains keeps people healthier longer, the Moosewood Collective presents this all-new collection of more than 200 recipes that make whole foods wholly delicious. Moosewood Restaurant's cookbooks have long been an essential resource for creative recipes for home cooks, recipes that make mindful eating an unqualified pleasure. In this latest book, the Collective has carefully crafted recipes that celebrate local and environmentally sustainable food and that reflect the latest thinking on good nutrition.

From soups to desserts, the dishes in this book are distinctive, adventurous, and globally inspired. Including plenty of vegan, gluten-free, and raw food options, the book has something to please every taste. Polenta with Greens and Eggs or Whole Grain Pancakes will get the day started right; appetizers such as Chickpea Crêpes and Pineapple Salsa with Blueberries are festive for a casual gathering; and Southwestern Black Bean Burgers are a great choice for a cookout. Tofu, Leek, and Almond Stuffed Portabellas and Quinoa and Collard Leaf Dolmas are elegant choices for a more formal occasion. Desserts like Figs Baked with Chèvre and Pistachios, Chocolate Bark, and Sweet Potato Pie with Pecan-Oat Crust are naturally sweet and packed with nutrients. Each recipe comes with a detailed nutritional analysis as well as menu and serving suggestions. The Collective discusses everything from eating locally to the Glycemic Index, and the ideas and information will prove useful to both new vegetarians and those who grew up cooking with the Moosewood Restaurant.

Eating well feels good. *Moosewood Restaurant Cooking for Health* is all about cooking for pleasure and cooking for health. You can do both!

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