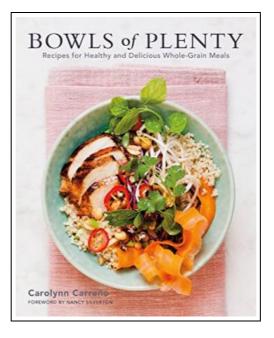
Bowls of Plenty: Recipes for Healthy and Delicious Whole-Grain Meals (Hardback)



Filesize: 6.78 MB

Reviews

An exceptional ebook and the font employed was fascinating to read through. I actually have study and so i am certain that i will likely to read once again yet again in the future. Your life period is going to be change as soon as you complete looking at this book. (Nelle Schaefer I)

BOWLS OF PLENTY: RECIPES FOR HEALTHY AND DELICIOUS WHOLE-GRAIN MEALS (HARDBACK)



Grand Central Life Style, United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. A fresh and flexible approach to grain bowls--thoughtfully structured one-dish meals that marry health and flavor--from James Beard Award-winning journalist and acclaimed cookbook coauthor Carolynn Carreno. Gorgeous, layered, satisfying bowls have become the next wave of healthy eating. From food blogs to Instagram, farmto-table bistros to chain restaurants, -the bowl- has become part of our culinary vocabulary. And whole grains are not just for hippies and health nuts anymore! Hearty grains like quinoa, farro, millet, and spelt are replacing flour or corn tortillas, bread, pasta, white rice, and mashed potatoes as the base or vehicle for other, richer, more complex ingredients. BOWLS OF PLENTY brings grain bowls to the home cook, offering more than 75 recipes for hearty, grain-centric, one-dish meals that layer flavorful veggies and delicious sauces and vinaigrettes, with optional meats and dairy on a foundation of whole-grain staples. A mix sweet and savory breakfast bowls, salad bowls that will put an end to the sad desk lunch, flexible composed main dish bowls that work with all diets, and creative dessert bowls, BOWLS OF PLENTY is a modern handbook for healthy and delicious cooking at home.

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