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Whether it's a bowl of chicken soup when you're sick, a thick and hearty gumbo in winter, or a refreshing gazpacho on a hot summer day, soup is a timeless favorite. In *Soup of the Day*, Ellen Brown presents more than 150 classic and inventive recipes, most of which were collected from top restaurants across the nation. Try the Tortilla Soup from Fearing's in Dallas, the Cream of Celery Soup from Bayona in New Orleans, the Cheddar Soup with Bacon from The Soupbox in Chicago, or Ellen's own New England Clam Chowder. With the recipes are explanations on how to create great stocks, cook perfect garnishes, and even bake delicious breads. Make your favorite or try something new -- it's a soup lover's dream!

More than 140 creative ways to use the goodness of quinoa, barley, oats, and more

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in your family's favorite meals—from the trusted name in cooking. With this cookbook, you'll discover 140 delicious whole grain recipes for every meal of the day—including on-the-go snacks, convenient slow-cooker recipes, and super-fast thirty-minute dishes—plus cooking tips and information on the different kinds of whole grains available, authoritative advice on the health benefits of whole grains, and fifty beautiful color photos. From Oatmeal Pancakes with Maple-Cranberry Syrup and Campfire Popcorn Snack to Spanish Rice Bake and Frozen Strawberry Cheesecake, you'll discover just how tasty—and easy—cooking with whole grains can be. More than 140 easy recipes offer delicious ways to enjoy whole grains at every meal Informative Q&As demystify whole grains and describe the many different types available, from bulgur and cornmeal to millet and quinoa Chapters on slow-cooker meals and sides, thirty-minute meals and on-the-go snacks help you feed a hungry family in a hurry Special sections take the guesswork out of cooking whole grains and explain the health benefits of eating whole grains every day Recipes feature complete nutrition information, including whole grain servings and carbohydrate choices Fifty tempting color photos of delicious whole grain dishes

Gourmet Vegan Fare Prepared with Culinary Flair! Jay Solomon knows how to make vegan food taste good. It just takes a bit of creativity — something Jay has in spades. Here one of the most renowned vegetarian cooks offers recipes that make food achingly good. His secret? The incredibly subtle effect of fresh herbs, spicy

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chilies, and fragrant spices. In 150 Vegan Favorites, you'll explore the exciting possibilities of cooking with these flavorful yet easy-to-find ingredients. In addition, you will begin to use marvelous ingredients such as colorful leafy vegetables, couscous, red lentils, wild rice, butternut squash, and West Indian pumpkin. You'll find such tantalizingly delicious recipes as: ·Curried Squash with Winter Greens ·Tangy Couscous with Black Beans and Corn ·Lemony Artichoke Pilaf ·Yellow Rice and Avocado Burritos ·Rosemary-Roasted Jerusalem Artichokes ·Mango-Banana Flambe Also included are helpful shopping tips and glossaries of rices, grains, legumes, and squash. You don't have to be vegan or even vegetarian to enjoy these zesty recipes. With 150 Vegan Favorites, meat-free, dairy-free cooking has never been easier or more delicious!

Abstract: A dieters guide developed by USDA contains information on how to control weight and keep trim while maintaining nutritional requirements. Recent dietary research is summarized. Easy-to-follow guides for weight control or loss, along with recipes that are low in calories, fat, sugar, and salt are provided. (kbc).

There's nothing in the world quite like Creole and Cajun cooking. Experience this unique, regional cooking tradition that's steeped in culture and history with Arcadiana Table. In this beautifully photographed, 125-recipe regional cookbook, Louisiana native George Graham welcomes home cooks and food lovers to the world of Cajun and Creole cooking. The Acadiana region of southwest Louisiana,

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where this unique cuisine has its roots, is a journey into a fascinating culinary landscape. Filled with many of the standard dishes expected in a Louisiana cookbook, Acadiana Table also includes brand-new recipes, techniques, and an exploration into the culture, geography, and history of this distinctive area. Fans of Louisiana are sure to love this cookbook, even if they've been cooking Creole and Cajun for years. Book chapters include: First You Make a Roux Sunrise in Acadiana Simmering Black Pots A Little Lagniappe on the Side Farm Fresh The Cajun/Creole Coast If it Flies, It Fries Meats and the Mastery of the Boucherie Sweet Surrender

Those familiar with Dr. Shapiro's bestselling Picture Perfect Weight Loss know how simple and effective his Food Awareness Training approach is, especially for grab-and-go eaters or people who just can't deal with the usual deprivations of dieting. Virtually foolproof, the Picture-Perfect program reinforces your choices of healthy foods with strong visual reminders that stay in your mind long after calorie counts and portion sizes have become a blur. Now, Dr. Shapiro works the same Picture-Perfect magic in your kitchen. Whether you are a passionate cook who gladly spends hours stirring, chopping, or kneading, or a noncook who can't wait to get out of the kitchen, the recipes in this book allow you to prepare delicious low-

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calorie meals the whole family will love. Imagine enjoying these flavorful dishes and losing weight. \* Yukon Gold Potato Pancakes with Sausage \* Stuffed Portobello Mushrooms \* Chili Shrimp with Fruity Relish \* Grilled Pork Chops with Georgia Peach Chutney \* Garlic and Chive Mashed Potatoes \* Chocolate Mousse \* Creamy Lemon-Lime Cheesecake There's even a chapter devoted entirely to cooking for families with children. Kids will rave over dishes like Fruit Pizza, Turkey Burgers with Secret Sauce, Summer Fruit Pops, and Carousel Ice Cream Cake. They may even want to start helping in the kitchen! To appeal to the gourmet in all of us, Dr. Shapiro also includes recipes from 13 of the nation's top chefs. From Michael Romano of Union Square Café in New York City to Jesse Ziff Cool of the Flea St. Café in Menlo Park, California, these are the best of the best. You also get real-life bites from New York City firefighters who have used Dr. Shapiro's program to shape up. Real men do cook-- and well! And this book proves that they even enjoy it.

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