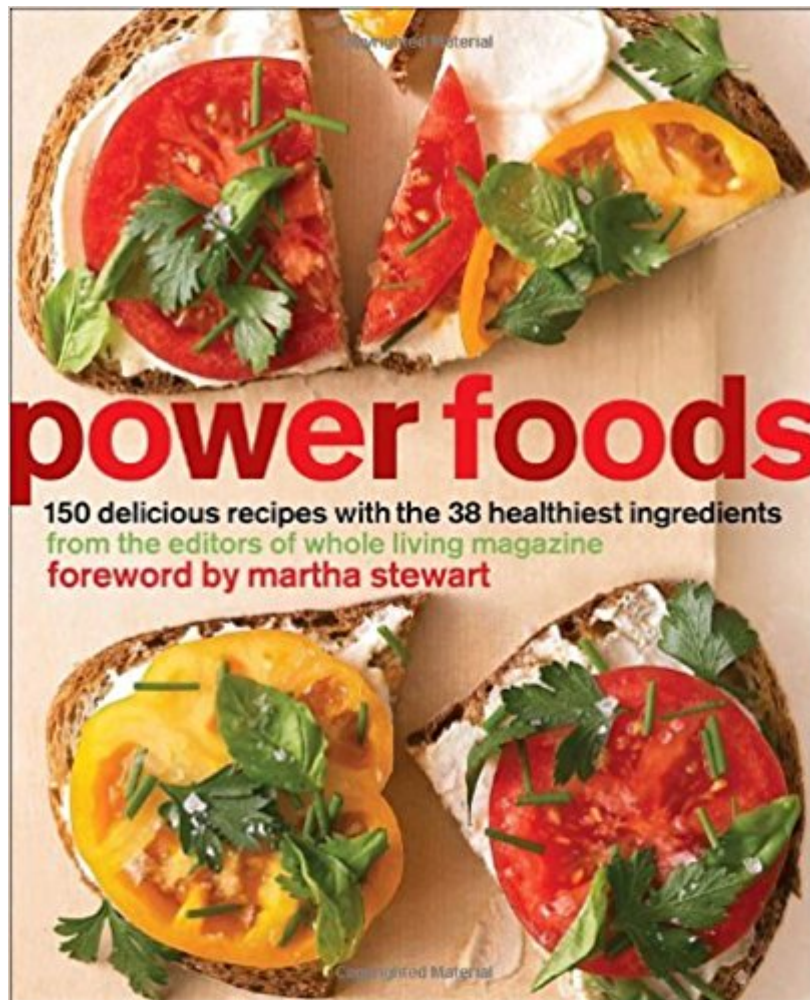




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# Power Foods: 150 Delicious Recipes With The 38 Healthiest Ingredients



Synopsis

Many of our favorite ingredients—such as berries, tomatoes, and nuts—are among the healthiest foods on earth, and by simply incorporating more of them into our everyday meals, we can all lead healthier lives. Here are 150 fantastic ways to help you do just that. Organized into chapters on breakfast, snacks, sandwiches, soups, salads, main dishes, side dishes, and desserts, the recipes are accompanied by simple instructions and beautiful photographs to keep you inspired to eat well at any time of the day. Stay motivated with tempting recipes such as: Breakfast: Pecan Pancakes with Mixed Berry Compote; Mushroom and Scallion Frittata Starters and Snacks: Sweet Potato Hummus; Beet Chips Sandwiches and Wraps: Salmon Salad and Curried Egg on Multigrain Bread; Kiwifruit Summer Roll Soups and Stews: Golden Pepper Soup; Chili with Chicken and Beans Salads: Quinoa and Corn Salad with Pumpkin Seeds; Endive, Avocado, and Grapefruit Salad Main Dishes: Citrus-Roasted Salmon with Spring Pea Sauce; Soba Noodle, Tofu, and Vegetable Stir-fry; Turkey Cutlets with Tomatoes and Capers Side Dishes: Cauliflower and Barley Salad with Toasted Almonds; Edamame Succotash Desserts: Lemon Cream with Blackberries; Double Dark Chocolate and Ginger Biscotti Beyond these wonderful recipes, the editors of Whole Living magazine include research-backed information about the health benefits and disease-fighting properties of 38 power foods, along with nutritional data and helpful tips on storing, preparing, and cooking them. In this one-stop resource, you’ll learn all about stocking a healthy pantry, eating seasonally, understanding food labels, and when it’s best to splurge for organic ingredients. These 38 Power Foods are:

- Asparagus
- Artichokes
- Avocados
- Beets
- Bell Peppers
- Broccoli
- Brussels Sprouts
- Carrots
- Kale
- Mushrooms
- Spinach
- Sweet Potatoes
- Swiss Chard
- Tomatoes

ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã Winter Squash  
 ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã Apricots  
 ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã Berries  
 ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã Citrus  
 ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã Kiwifruits  
 ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã Papayas  
 ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã Pears  
 ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã Brown Rice  
 ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã Oats  
 ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã Quinoa  
 ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã Dried Beans  
 ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã Green Peas  
 ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã Soybeans/Edamame  
 ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã Almonds  
 ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã Pecans  
 ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã Pistachios  
 ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã Walnuts  
 ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã Flaxseed  
 ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã Pumpkin Seeds  
 ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã Eggs  
 ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã Yogurt  
 ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã Sablefish  
 ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã Rainbow Trout  
 ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã ã Wild Alaskan Salmon  
 With 150 quick, flavor-packed recipes using the 38 healthiest foods nature has to offer, Power Foods makes eating well simple—•and more delicious than ever before.

## Book Information

Paperback: 384 pages  
 Publisher: Clarkson Potter; 1 edition (December 28, 2010)  
 Language: English  
 ISBN-10: 0307465322  
 ISBN-13: 978-0307465320

Product Dimensions: 7.4 x 1 x 9.1 inches

Shipping Weight: 2.4 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 158 customer reviews

Best Sellers Rank: #94,471 in Books (See Top 100 in Books) #69 in Books > Cookbooks, Food & Wine > Cooking Methods > Organic #150 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables #401 in Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

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WHOLE LIVING magazine, a Martha Stewart Living publication, encourages and inspires its readers to lead balanced, authentic lives that express their values through their choices and actions, and provides them with the information they need to care for themselves, their families, and the planet in a way that is natural, sustainable, and personally satisfying. MARTHA STEWART is the author of dozens of bestselling books on cooking, entertaining, gardens, weddings, and decorating. She is the host of The Martha Stewart Show, the popular daily syndicated television program.

RECIPE: Sweet Potato Hummus Makes 4 cups Sweet potatoes – the orange hue is the beautiful result of a wealth of betacarotene, which helps support eye health and immunity. Chickpeas provide a rich source of soluble fiber and B- vitamins for cardiovascular health. By serving this dip with crisp- tender vegetables such as red peppers and broccoli, you will also get vitamin C, selenium, and sulforaphane, an antioxidant shown to prevent certain types of cancers. Whole-wheat pita bread is another healthful, fiber-rich alternative to crackers.

1. Fill a large pot with 2 inches of water; set a steamer basket (or colander) inside pot, and bring water to a boil. Add potatoes; reduce heat to a simmer, cover, and cook until potatoes are tender, 10 to 12 minutes.
2. Transfer potatoes to a food processor. Add chickpeas, lemon juice, tahini, oil, cumin, and garlic. Puree until smooth, about 1 minute; thin with up to 2 tablespoons of water if necessary. Add 1/4 teaspoon salt and season with pepper. Let cool; refrigerate for up to 1 week in an airtight container. Garnish with paprika before serving.

1 pound sweet potatoes (about 2), peeled and cut into 1-inch pieces  
1 can (15 ounces) chickpeas, drained and rinsed  
1/2 cup fresh lemon juice (from 1 to 2 lemons)  
1/2 cup tahini (sesame seed paste)  
2 tablespoons olive oil  
2 teaspoons ground cumin  
1 garlic clove, finely chopped  
Coarse salt and freshly ground pepper  
1/2 teaspoon hot or smoked paprika, for garnish

per 1/4-cup serving: 106 calories; .6 g saturated fat; 3.4 g unsaturated fat;

0 mg cholesterol; 14.8 g carbohydrates; 2.9 g protein; 151 mg sodium; 2.7 g fiber

I love this cook book. The recipes are easy and delicious. Since these recipes are based on power foods you know that they are healthy for you. So far I have made : egg, kale & ricotta on toast. This recipe alone is worth the price of admission. The beet chips are tasty. Chickpea nibbles are a great snack. Egg salad with ricotta cheese and greek yogurt, yum. Quinoa and turkey patties are delish! The granola is wonderful. You will not be disappointed with this cookbook. Next on my list to make are the quinoa, apricot and nut cluster cookies. The picture looks divine. Every recipe has a picture, very important to me. Order this book if you want to take care of your health and enjoy your food at the same time.

I am trying to eat better and this definitely feels like a great book to start with. I like that the very beginning of the book explains each "power food", what perks it's packed with, how to store it, how to cook it and also which pages to find the recipes that include this "power food". The recipe's seem fairly easy and I can't wait to try them out!

i saw this cookbook at a friends place and asked "what the hell are powerfoods?" she invited me to flip through and i immediately felt compelled to purchase it for myself (because if i borrowed it, i'd never give it back!). as soon as it arrived i started planning a menu - and my family was impressed with the results! i cook frequently, and this book has reminded me that some of the most delicious recipes are the most basic. every recipe i have tried from this book has been successful. they were all delicious, satisfying and easy to follow. some of our favorites include the olive oil cake, various breakfast smoothies, salmon recipes and the trout with almonds and parsley is what my husband requested for his birthday. if you or anyone you know are trying to eat in a way that is healthy and diverse (re: lots of different ways of using the 38 ingredients) then this is an excellent pick.

I love that every recipe has a full page color photo. I love that each recipe has no more than 5 steps. Nothing takes too long and every recipe is healthy without tasting like a diet food. Everything I bring to work for lunch turns heads and gets questions. The section in the front of the book has great information on ingredients, especially ways to store or keep them. I made it my mission to make a recipe from this book once a week. Nothing has been bad! I have given it as a gift to "new cooks" five times! Great food doesn't have to be difficult or exotic.

This is a beautiful book with a stunning photo for each recipe. (It is organized so that when opened a whole recipe and photo can be viewed without turning the page.) If you are beginning to learn about healthier foods or if they have been part of your lifestyle for awhile and you are looking for new ideas, this is a great book for you. There is a large variety of very do-able recipes. And for fun there is "Double dark chocolate and ginger biscotti" -- a unique recipe which alone may make the book worth having! (I've adjusted the egg amount to 2 whole eggs and instead of 1/2 cup sugar use an equivalent amount of a stevia/ raw sugar product.) If you are sensitive to print odors from similar books with many photographs be forewarned to air the book a bit before using.

I am so pleased with this cookbook and have already given two as gifts. I plan on ordering more for family and friends. I love how each power food is explained and the bonus section in back. Recipes I have tried so far have been delicious. This cookbook and SuperFoods at Every Meal have been my go to cookbooks since purchasing.

Great for non vegans and vegans!

I bought this book because I wanted to add to my healthy recipe bank. There are great ways to use fruits and veggies if you are lacking thereof, but I feel like there were not enough healthy alternatives to food items that are less favorable to a healthy diet (e.g butter, canola oil instead of olive oil)

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