

Vegetable Recipes

Abra Berens

Ruffage Abra Berens,2019-04-23 2020 James Beard Award Nominee – Best Cookbooks – Vegetable-Forward Cooking Named a Best Cookbook for Spring 2019 by The New York Times and Bon Appetit A how-to cook book spanning 29 types of vegetables: Author Abra Berens—chef, farmer, Midwesterner—shares a collection of techniques that result in new flavors, textures, and ways to enjoy all the vegetables you want to eat. From confit to caramelized and everything in between—braised, blistered, roasted and raw—the cooking methods covered here make this cookbook a go-to reference. You will never look at vegetables the same way again. Organized alphabetically by vegetable from asparagus to zucchini, each chapter opens with an homage to the ingredients and variations on how to prepare them. With 300 recipes and 140 photographs that show off not only the finished dishes, but also the vegetables and farms behind them. If you are a fan of Plenty More, Six Seasons, Where Cooking Begins, or On Vegetables, you'll love Ruffage . Ruffage will help you become empowered to shop for, store, and cook vegetables every day and in a variety of ways as a side or a main meal. Take any vegetable recipe in this book and add a roasted chicken thigh, seared piece of fish, or hard-boiled egg to turn the dish into a meal not just vegetarians will enjoy. Mouthwatering recipes include Shaved Cabbage with Chili Oil, Cilantro, and Charred Melon, Blistered Cucumbers with Cumin Yogurt and Parsley, Charred Head Lettuce with Hard-Boiled Egg, Anchovy Vinaigrette, and Garlic Bread Crumbs, Massaged Kale with Creamed Mozzarella, Tomatoes, and Wild Rice, Poached Radishes with White Wine, Chicken Stock and Butter, and much more.

A Couple Cooks | Pretty Simple Cooking Sonja Overhiser,Alex Overhiser,2018-02-06 Popular husband-and-wife bloggers and podcasters (acouplecooks.com) offer 100 recipes with an emphasis on whole foods and getting into the kitchen together. Pretty Simple Cooking was named one of the best vegetarian cookbooks by Epicurious and best healthy cookbooks of 2018 by Mind Body Green. A love story at its finest, Alex and Sonja Overhiser first fell for each other--and then the kitchen. In a matter of months, the writer-photographer duo went from eating fast and frozen food to regularly cooking vegetarian meals from scratch. Together, the two unraveled a pretty simple approach to home cooking that kicks the diet in favor of long-term lifestyle changes. While cooking isn't always easy or quick, it can be pretty simple by finding love in the process. A Couple Cooks | Pretty Simple Cooking is an irresistible combination of spirited writing, nourishing recipes with a Mediterranean flair, and vibrant photography. Dubbed a vegetarian cookbook for non-vegetarians, it's a beautiful book that's food for thought, at the same time providing real food recipes for eating around the table. The book features: 100 vegetarian recipes, with 75 vegan and 90 gluten-free options A full-color photograph for every recipe Recipes arranged from quickest to more time-consuming 10 life lessons for a sustainably healthy approach to cooking, artfully illustrated with a custom watercolor

Martha Stewart's Vegetables Editors of Martha Stewart Living,2016-09-06 An essential resource for every cook In this beautiful book, Martha Stewart—one of America's best-known cooks, gardeners, and all-around vegetable lovers—provides home cooks with an indispensable resource for selecting, storing, preparing, and cooking from the garden and the market. The 150 recipes, many of which are vegetarian, highlight the flavors and textures of everyday favorites and uncommon varieties alike. The recipes include: • Roasted Carrots and Red Quinoa with Miso Dressing • Swiss Chard Lasagna • Endive and Fennel Salad with Pomegranate Seeds • Asparagus and Watercress Pizza • Smoky Brussels Sprouts Gratin • Spiced Parsnip Cupcakes with Cream Cheese Frosting Martha Stewart's Vegetables makes eating your greens (and reds and yellows and oranges) more delicious than ever. — Los Angeles Times: Best Cookbooks of Fall 2016 — Newsday: Top 10 Cookbooks for 2016

The Easy Asian Cookbook for Slow Cookers Nancy Cho,2018-07-17 The Easy Asian Cookbook for Slow Cookers celebrates the multicultural influences and traditions in Asian cuisine with classic, comfort dishes made easy. From Chinese to Korean, Thai to Filipino, and Indian to Sri Lankan, The Easy Asian Cookbook for Slow Cookers features a variety of recipes that combine classic, family-style favorites with the ease and convenience of the slow cooker appliance. Along with step-by-step instructions and minimal prep, the majority of the recipes call for strict slow cooking, allowing busy folks to ditch the take out and enjoy fresh homemade Asian dishes any night of the week. The Easy Asian Cookbook for Slow Cookers features: Quick and easy prep with the majority of recipes requiring only an average 15-minutes of prep, and little-to-no pre-cooking Over 80 Asian cookbook recipes for classic, comfort dishes like Drunken Noodles and Cambodian Caramelized Pork A culinary geography of Asia that provides flavor profiles of the most common ingredients found in East Asia, Southeast Asia, and South Asia The Easy Asian Cookbook for Slow Cookers makes it easy to explore the culinary delights of Asian cuisine with easy recipes for hassle-free slow cooking.

Ultimate Veg Jamie Oliver,2020-01-07 NEW YORK TIMES BESTSELLER Jamie Oliver, one of the bestselling cookbook authors of all time, is back with brilliantly easy, delicious, and flavor-packed vegetable recipes. This edition has been adapted for the US market. It was originally published in the UK under the title Veg. From simple suppers and family favorites, to weekend dishes for sharing with friends, this book is packed full of phenomenal food - pure and simple. Whether it's embracing a meat-free day or two each week, living a vegetarian lifestyle, or just wanting to try some brilliant new flavor combinations, this book ticks all the boxes. Super-tasty, brilliantly simple, but inventive veg dishes include: • AMAZING VEGGIE CHILI, comforting black rice, zingy crunchy salsa and chili-rippled yogurt • GREENS MAC 'N' CHEESE with leek, broccoli & spinach and a toasted almond topping • VEGGIE PAD THAI, crispy fried eggs, special tamarind & tofu sauce and peanut sprinkle • SUPER SPINACH PANCAKES with avocado, tomato and cottage cheese • SUMMER TAGLIATELLE, basil & almond pesto, broken potatoes and delicate green veg With chapters on Soups & Sandwiches, Brunch, Pies & Bakes, Curries & Stews, Salads, Burgers & Fritters, Pasta, Rice & Noodles, and Traybakes there's something tasty for every occasion. Sharing simple tips and tricks that will excite the taste buds, this book will give you the confidence to up your vegetable intake and widen your recipe repertoire, safe in the knowledge that it'll taste utterly delicious. It will also leave you feeling full, satisfied and happy - and not missing meat from your plate. “It's all about celebrating really good, tasty food that just happens to be meat-free.” Jamie Oliver

America's Best Vegetable Recipes ,1976

Eat Your Vegetables Joe Yonan,2013-08-06 A collection of eclectic vegetarian and vegan recipes for singles as well as lone vegetarians in meat-eating households, from the beloved James Beard award-winning Washington Post editor and author of Serve Yourself. Whether you're a single vegetarian, an omnivore who's looking to incorporate more vegetables in your life, or a lone vegetarian in a meat-eating household, you know the frustrations of trying to shop, plan, and cook for one. With Eat Your Vegetables, award-winning food editor of The Washington Post and author of the popular column Cooking for One, Joe Yonan serves up a tasty book about the

joys of solo vegetarian cooking. With 80 satisfying and globally-inspired vegetarian, vegan, and flexitarian recipes such as Spinach Enchiladas, Spicy Basil Tofu Fried Rice, and One-Peach Crisp with Cardamom and Honey, Yonan arms single vegetarians with easy and tasty meal options that get beyond the expected. In addition to Yonan's fail-proof recipes, *Eat Your Vegetables* offers practical information on shopping for, storing, and reusing ingredients, as well as essays on a multitude of meatless topics, including moving beyond mock meat and the evolution of vegetarian restaurants. The perfect book for anyone looking to expand their vegetarian and produce-based repertoire, Yonan's charming, personable voice and unfussy cooking style encourage home cooks—both new and experienced—to take control in the kitchen and craft delicious veggie-centric meals for one.

Damn Delicious Rhee, Chungah, 2016-09-06 The debut cookbook by the creator of the wildly popular blog *Damn Delicious* proves that quick and easy doesn't have to mean boring. Blogger Chungah Rhee has attracted millions of devoted fans with recipes that are undeniable 'keepers'—each one so simple, so easy, and so flavor-packed, that you reach for them busy night after busy night. In *Damn Delicious*, she shares exclusive new recipes as well as her most beloved dishes, all designed to bring fun and excitement into everyday cooking. From five-ingredient Mini Deep Dish Pizzas to no-fuss Sheet Pan Steak & Veggies and 20-minute Spaghetti Carbonara, the recipes will help even the most inexperienced cooks spend less time in the kitchen and more time around the table. Packed with quickie breakfasts, 30-minute skillet sprints, and speedy takeout copycats, this cookbook is guaranteed to inspire readers to whip up fast, healthy, homemade meals that are truly 'damn delicious!'

Fast, Fresh, & Green Susie Middleton, 2010-07-01 “[A] rainbow of appealing recipes . . . likely to tempt even the vegetable-averse.” —Publishers Weekly From *Fine Cooking's* Vegetable Queen, this book is ideal for vegetarians—or anyone who wants to get the recommended five to nine servings of fruits and greens into their daily diet. Susie Middleton shares her love of healthful, delicious veggies with a guide to shopping for and cooking delectable meatless meals, including such delights as Spinach with Shallots and Parmigiano and Roasted Eggplant, Bell Pepper, and Fresh Basil Salad. More than 100 recipes for appetizers, snacks, entrees, and side dishes, many of them vegan, make *Fast, Fresh & Green* an excellent resource for plant-based and plant-forward eating.

Minimalist Baker's Everyday Cooking Dana Shultz, 2016-04-26 The highly anticipated cookbook from the immensely popular food blog *Minimalist Baker*, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the *Minimalist Baker* blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes: • Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare. • Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap • Essential plant-based pantry and equipment tips • Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements *Minimalist Baker's Everyday Cooking* is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

The Smitten Kitchen Cookbook Deb Perelman, 2012-10-30 NEW YORK TIMES BEST SELLER • Celebrated food blogger and best-selling cookbook author Deb Perelman knows just the thing for a Tuesday night, or your most special occasion—from salads and slaws that make perfect side dishes (or a full meal) to savory tarts and galettes; from Mushroom Bourguignon to Chocolate Hazelnut Crepe. “Innovative, creative, and effortlessly funny. —Cooking Light Deb Perelman loves to cook. She isn't a chef or a restaurant owner—she's never even waitressed. Cooking in her tiny Manhattan kitchen was, at least at first, for special occasions—and, too often, an unnecessarily daunting venture. Deb found herself overwhelmed by the number of recipes available to her. Have you ever searched for the perfect birthday cake on Google? You'll get more than three million results. Where do you start? What if you pick a recipe that's downright bad? With the same warmth, candor, and can-do spirit her award-winning blog, *Smitten Kitchen*, is known for, here Deb presents more than 100 recipes—almost entirely new, plus a few favorites from the site—that guarantee delicious results every time. Gorgeously illustrated with hundreds of her beautiful color photographs, *The Smitten Kitchen Cookbook* is all about approachable, uncompromised home cooking. Here you'll find better uses for your favorite vegetables: asparagus blanketing a pizza; ratatouille dressing up a sandwich; cauliflower masquerading as pesto. These are recipes you'll bookmark and use so often they become your own, recipes you'll slip to a friend who wants to impress her new in-laws, and recipes with simple ingredients that yield amazing results in a minimum amount of time. Deb tells you her favorite summer cocktail; how to lose your fear of cooking for a crowd; and the essential items you need for your own kitchen. From salads and slaws that make perfect side dishes (or a full meal) to savory tarts and galettes; from Mushroom Bourguignon to Chocolate Hazelnut Crepe Cake, Deb knows just the thing for a Tuesday night, or your most special occasion. Look for Deb Perelman's latest cookbook, *Smitten Kitchen Keepers*!

Vegetable Literacy Deborah Madison, 2013-03-12 In her latest cookbook, Deborah Madison, America's leading authority on vegetarian cooking and author of *Vegetarian Cooking for Everyone*, reveals the surprising relationships between vegetables, edible flowers, and herbs within the same botanical families, and how understanding these connections can help home cooks see everyday vegetables in new light. For over three decades, Deborah Madison has been at the vanguard of the vegetarian cooking movement, authoring classic books on the subject and emboldening millions of readers to cook simple, elegant, plant-based food. This groundbreaking new cookbook is Madison's crowning achievement: a celebration of the diversity of the plant kingdom, and an exploration of the fascinating relationships between vegetables, edible flowers, herbs, and familiar wild plants within the same botanical families. Destined to become the new standard reference for cooking vegetables, *Vegetable Literacy* shows cooks that, because of their shared characteristics, vegetables within the same family can be used interchangeably in cooking. It presents an entirely new way of looking at vegetables, drawing on Madison's deep knowledge of cooking, gardening, and botany. For example, knowing that dill, chervil, cumin, parsley, coriander, anise, lovage, and caraway come from the umbellifer family makes it clear why they're such good matches for carrots, also a member of that family. With more than 300 classic and exquisitely simple recipes, Madison brings this wealth of information together in dishes that highlight a world of complementary flavors. Griddled Artichokes with Tarragon Mayonnaise, Tomato Soup and Cilantro with Black Quinoa, Tuscan Kale Salad with Slivered Brussels Sprouts and Sesame Dressing, Kohlrabi Slaw with Frizzy Mustard Greens, and Fresh Peas with Sage on Baked Ricotta showcase combinations that are simultaneously familiar and revelatory. Inspiring improvisation

in the kitchen and curiosity in the garden, Vegetable Literacy—an unparalleled look at culinary vegetables and plants—will forever change the way we eat and cook.

Vegetable of the Day Kate McMillan, 2013-05-07 Spectacular seasonal vegetable recipes for every day of the year that will leave you wondering why you don't eat more of them. Bursting with color, texture, and flavor, vegetables reflect the changing seasons better than any other type of food. Enjoy dishes like new potatoes with peas or grilled artichokes with lemon aioli in spring. Have some golden corn fritters or puffy corn soufflés, sautéed or grilled red and yellow sweet peppers, and tomatoes in summer. Savor winter squashes and mixed-vegetable braises in autumn. And winter is the time for Brussels sprouts with chestnuts, creamy scalloped potatoes, and braised fennel with saffron. This attractive, practical volume is broken into twelve chapters, each with a colorful monthly calendar that provides an at-a-glance view of the dishes included. You'll find recipes for every occasion, from a weekday family supper or a summer backyard barbecue to a celebratory dinner, and that fit every schedule, from quick sautés to slow braises. Each recipe is accompanied with a note that might describe seasonings or unusual ingredients or offer serving suggestions, ideas for variations and garnishes, or other helpful tips. Many of the recipes are illustrated with full-color photographs to guide you as you cook. Packed with inspired recipes to help you get more of these nutrition superstars into your daily diet, this book will encourage you to try vegetables that you have always passed up because you didn't know how to prepare them, and it will give you new ideas on how to cook old favorites. So, go ahead and open this year-long celebration of vegetables and start cooking.

How to Cook Vegetables Kim Hoban, 2020-09-01 The vegetable cookbook that takes eating your veggies from obligation to celebration We all know that eating more vegetables is a healthy idea, but sometimes recipe inspiration doesn't strike. How to Cook Vegetables is the vegetable cookbook that makes it easy to add veggies into your day! Discover 90 delicious recipes (with 270 variations), indispensable tips, and plenty of creative ideas. It's time to squash the notion that eating your vegetables is a chore. This vegetable cookbook starts with a primer on tools and pantry essentials. Get familiar with how to select and handle 30 common (and a few not-so-common) vegetables. Explore veggie-forward recipes that highlight the variety and vibrance of their ingredients, so you can focus on fun, flavor, and satisfaction—not just nutrition. Inside this vegetable cookbook you'll find: 90 De-leek-table recipes—Dig into vegetarian, vegan, meat, and seafood dishes with 270 possible variations: Creamy Kale Artichoke Dip, Sweet and Spicy Citrus Salad, Sloppy Joe—Stuffed Peppers, Pumpkin Tofu Curry with Green Beans, and more. Easy peasy profiles—The at-a-glance profiles in this vegetable cookbook tell you how to select, store, prep, pair, and substitute for 30 essential vegetables. Un-beet-able techniques—Find everything you need to know: kitchen must-haves, basic knife skills, and foolproof methods for roasting, steaming, boiling, and even quick-pickling. Turnip the volume on flavorful, nourishing meals with this essential vegetable cookbook!

Super Natural Every Day Heidi Swanson, 2011-04-05 HEIDI SWANSON'S approach to cooking whole, natural foods has earned her a global readership. From her Northern California kitchen, she introduced us to a less-processed world of cooking and eating through her award-winning blog, 101 Cookbooks, and in her James Beard Award-nominated cookbook, *Super Natural Cooking*, she taught us how to expand our pantries and integrate nutrient-rich superfoods into our diets. In *Super Natural Every Day*, Heidi helps us make nutritionally packed meals part of our daily repertoire by sharing a sumptuous collection of nearly 100 of her go-to recipes. These are the dishes that Heidi returns to again and again because they're approachable, good for the body, and just plain delicious. This stylish cookbook is equal parts inspiration and instruction, showing us how to create a welcoming table filled with nourishing food for friends and family. The seductively flavorful vegetarian recipes for breakfast, lunch, dinner, snacks, treats, and drinks are quick to the table but tasty enough to linger over. Grab a Millet Muffin or some flaky Yogurt Biscuits for breakfast on the go, or settle into a lazy Sunday morning with a stack of Multi-grain Pancakes and a steaming cup of Ginger Tea. A bowl of Summer Squash Soup or a couple of Chanterelle Tacos make for a light and healthy lunch, and for dinner, there's Black Sesame Otsu, Pomegranate-Glazed Eggplant with Tempeh, or the aptly named Weeknight Curry. Heidi's Rose Geranium Prosecco is the perfect start to a celebratory meal, and the Buttermilk Cake with fresh plums or Sweet Panzanella will satisfy even the most stubborn sweet tooth. Gorgeously illustrated with over 100 photos that showcase the engaging rhythms of Heidi's culinary life and travels, *Super Natural Every Day* reveals the beauty of uncomplicated food prepared well and reflects a realistic yet gourmet approach to a healthy and sophisticated natural foods lifestyle.

America's Best Vegetable Recipes Nell Beaubien Nichols, 1976

The Vegetable Dishes I Can't Live Without Mollie Katzen, 2013-08-20 Sometimes we need a little inspiration when it comes to adding more vegetables to our plate. Thankfully for us, Mollie Katzen knows a thing or two about vegetables! On the 30th anniversary of her groundbreaking *Moosewood Cookbook*, Mollie presents just under 100 delicious vegetable side dishes in this delightful and beautiful cookbook. Whether you need an appetizer, a quick and easy snack for the kids, or something to accompany a main dish, this cookbook offers creative recipes and countless ways to infuse more vegetables into our diets. Both vegetarians and meat-eaters alike can benefit from these tasty and healthy side dishes, many of which you can even serve as stand-alone meals. *The Vegetable Dishes I Can't Live Without* is an assortment of mostly new recipes, with new twists on some old favorites. Presented in her signature style and with her classic hand-drawn illustrations, these are the recipes she loves the most, and the recipes her millions of fans will most cherish.

Mastering the Art of Southern Vegetables Nathalie Dupree, Cynthia Graubart, 2015-01-25 The authors of the James Beard Award-winning *Mastering the Art of Southern Cooking* serve up side dishes with vegetables taking center stage. Building on their reputation as James Beard Award winners, Dupree and Graubart have excerpted their best vegetable recipes (plus added some new ones) in this timely collection. Organized alphabetically by vegetable, each section begins with instructions on how to prepare and cook the vegetable and is followed by favorite new and classic recipes. Also included are a selection of vinaigrettes and sauces, plus a roasting chart for an array of vegetables. "Those like me who aren't full-time vegetarians but definitely eat more greens than meat will love the 120 recipes in this book, each of which takes advantage of vegetables native to the South . . . All in all, I was quite impressed with *Mastering the Art of Southern Vegetables*. It caters to a good variety of cooking expertises, offering simple recipes that are perfect for an everyday dinner as well as more complex ones for the experienced cook looking to change up their veggie repertoire. Many recipes are perfect for families where not everyone eats meat, as they are savory enough to stand in for a meat main and flavorful

and interesting enough to convert veggie skeptics.” –Organic Authority “An excellent cookbook for the less experienced cook looking for useful information on vegetables and on how to cook them . . . presented with a bit of southern flair.” –Portland Book Review

Sensational Vegetable Recipes Rosalie Higson,1994 This cookbook provides a range of recipes which use vegetables as its main ingredient. Each of the over 100 recipes features colour photographs. Each recipe is rated for ease of preparation, for ease of use and understanding. There is also an indication of how long a dish will take to prepare.

The Weekday Vegetarians Jenny Rosenstrach,2021-08-31 You don’t need to be a vegetarian to eat like one! With over 100 recipes, the New York Times bestselling author of *Dinner: A Love Story* and her family adopt a “weekday vegetarian” mentality. NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY TIME OUT AND TASTE OF HOME • “Whether you’re vegetarian or not (or somewhere in-between), these recipes are fit to become instant favorites in your kitchen!” –Molly Yeh, Food Network host and cookbook author Jenny Rosenstrach, creator of the beloved blog *Dinner: A Love Story* and Cup of Jo columnist, knew that she wanted to eat better for health reasons and for the planet but didn’t want to miss the meat that she loves. But why does it have to be all or nothing? She figured that she could eat vegetarian during the week and save meaty splurges for the weekend. *The Weekday Vegetarians* shows readers how Jenny got her family on board with a weekday plant-based mentality and lays out a plan for home cooks to follow, one filled with brilliant and bold meat-free meals. Curious cooks will find more than 100 recipes (organized by meal type) for comforting, family-friendly foods like Pizza Salad with White Beans, Cauliflower Cutlets with Ranch Dressing, and Squash and Black Bean Tacos. Jenny also offers key flavor hits that will make any tray of roasted vegetables or bowl of garlicky beans irresistible—great things to make and throw on your next meal, such as spiced Crispy Chickpeas (who needs croutons?), Pizza Dough Croutons (you need croutons!), and a sweet chile sauce that makes everything look good and taste amazing. *The Weekday Vegetarians* is loaded with practical tips, techniques, and food for thought, and Jenny is your sage guide to getting more meat-free meals into your weekly rotation. Who knows? Maybe like Jenny’s family, the more you practice being weekday vegetarians, the more you’ll crave this food on the weekends, too!

Adopting the Beat of Phrase: An Psychological Symphony within **Vegetable Recipes**

In some sort of eaten by monitors and the ceaseless chatter of fast transmission, the melodic splendor and emotional symphony produced by the published word usually disappear in to the background, eclipsed by the constant sound and distractions that permeate our lives. But, nestled within the pages of **Vegetable Recipes** a stunning fictional treasure brimming with natural feelings, lies an immersive symphony waiting to be embraced. Crafted by an elegant composer of language, that fascinating masterpiece conducts readers on a mental journey, skillfully unraveling the concealed melodies and profound impact resonating within each cautiously constructed phrase. Within the depths with this touching examination, we shall investigate the book is central harmonies, analyze its enthralling publishing model, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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Vegetable Recipes Introduction

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