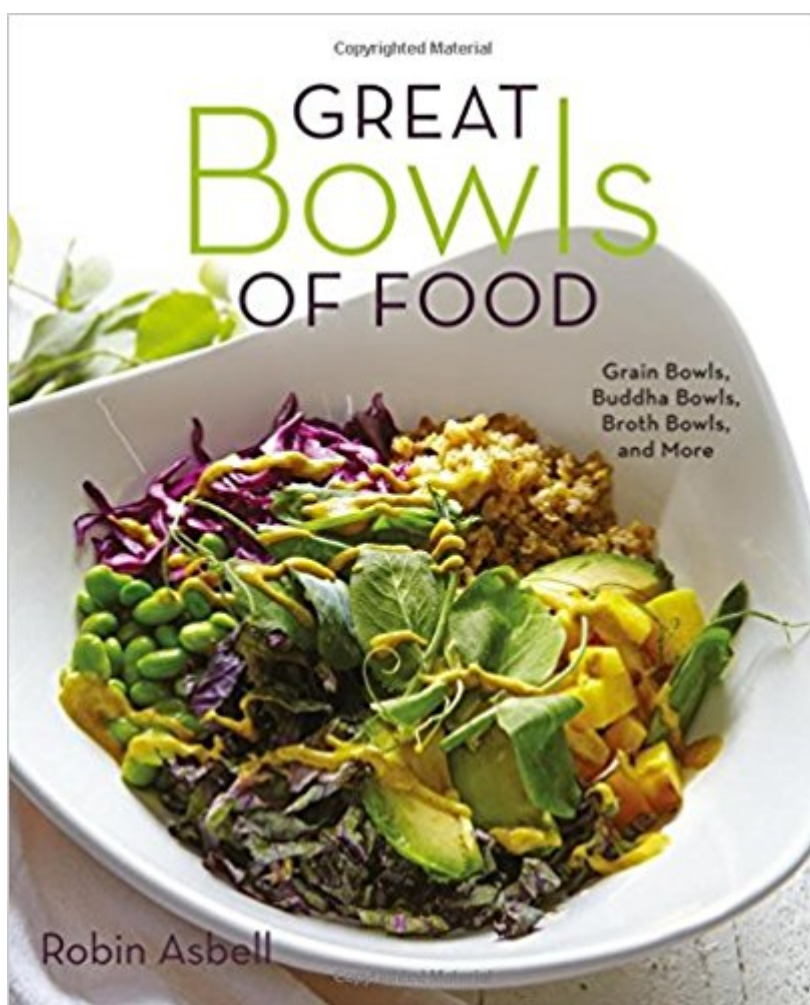


The book was found

Great Bowls Of Food: Grain Bowls, Buddha Bowls, Broth Bowls, And More



Synopsis

Layer up grain, vegetable, protein source and sauce: Everyone loves to eat from a bowl! Whether it's a rice bowl, a grain bowl, or even a low-carb, high-protein Buddha bowl, bowl food eating is easy, delicious, and never dull. In this hip new cookbook, renowned cookbook writer Robin Asbell shares 75 of her favorite bowl food recipes, as well as a handy chart that helps readers to mix and match ingredients at a glance to create the perfect bowl. Recipes include: Paleo Cauliflower Tabouli Bowl with Lemon Mint Dressing, Sweet Potato, BBQ Chicken, Corn, and Chips Bowl, Rice, Tofu, and Green Bowl with Kimchi and Spicy Spinach, Miso Poached Vegetable and Shrimp Noodle Bowl. There's something for everyone here. 40 color photographs

Book Information

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Customer Reviews

"If you want to begin the year eating more healthily, this is a good place to start." -- People's Friend

Robin Asbell is a cookbook writer and chef. Her work has appeared in Clean Eating, Better Homes and Gardens, Vegetarian Times, Real Food, and elsewhere. She lives and teaches cooking classes outside Minneapolis.

I have already made several of these and plan several more in the immediate future. Delicious, simple to prepare and all ingredients readily available at my grocery store. One trip to World Market filled in the very few gaps. My family loves them and they are quite satisfying and nutritious.

I am learning to make meals for one and the variety in this book makes me smile. I appreciate the work that went into writing this.

Delicious and healthy recipes that are fun to prepare.

Good variety of recipes and ideas for bowl meals.

It was a book we were looking for

Totally found some new ideas for quick healthy dinners.

This book has absolutely transformed my life!! Delicious, healthy, filling, low cal meals that make me forget that I'm "dieting". I wish I had this book 20 years ago!

Oh yeah- this was what I was looking for! We have one of those households where everyone (except me- the cook) has food issues of one kind or another. I am hopeful that I can use the great variety of yummy looking bowl recipes in this book to keep everyone happy - they can add or skip what they want!

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