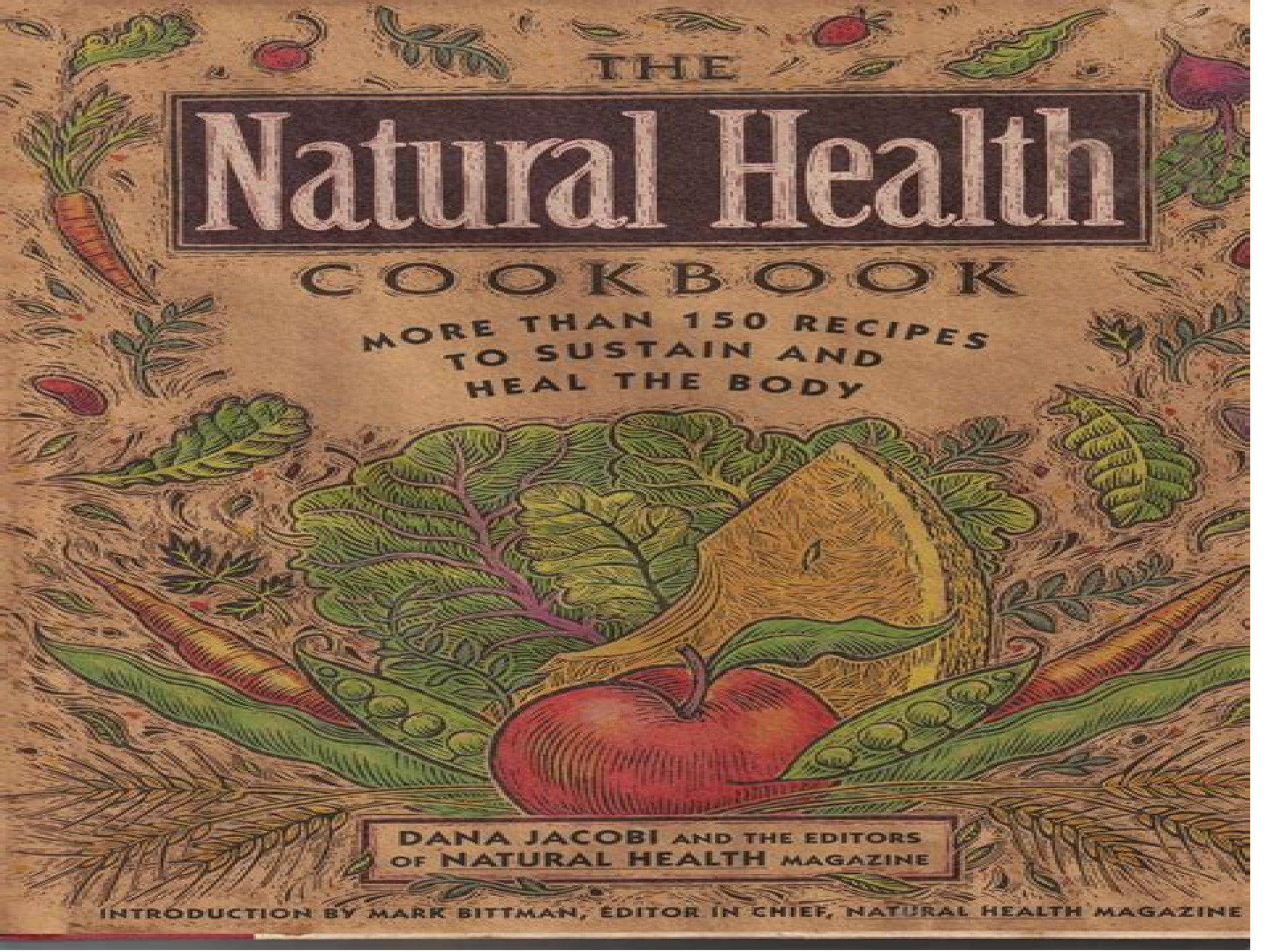




THE

Natural Health

COOKBOOK

MORE THAN 150 RECIPES
TO SUSTAIN AND
HEAL THE BODY

DANA JACOBI AND THE EDITORS
OF NATURAL HEALTH MAGAZINE

INTRODUCTION BY MARK BITTMAN, EDITOR IN CHIEF, NATURAL HEALTH MAGAZINE

Natural Health Cookbook More Than 150 Recipes To Sustain And Heal The Body

William Shurtleff,Akiko Aoyagi



Natural Health Cookbook More Than 150 Recipes To Sustain And Heal The Body:

The Natural Health Cookbook Dana Jacobi, 1995 The best of twenty years of natural foods cooking from Natural Health magazine features multiethnic recipes that maximize the healing power in foods including soups vegetables salads sauces and desserts that are easy to prepare using wholesome natural ingredients 25 000 first printing *The Natural Health Cookbook: More Than 150 Recipes to Sustain and Heal the Body* Jacobi Dana, 2022-10-27 This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it This work is in the public domain in the United States of America and possibly other nations Within the United States you may freely copy and distribute this work as no entity individual or corporate has a copyright on the body of the work Scholars believe and we concur that this work is important enough to be preserved reproduced and made generally available to the public We appreciate your support of the preservation process and thank you for being an important part of keeping this knowledge alive and relevant *The Natural Health Cookbook* Jacobi Dana, 2014-02-25 This is a reproduction of a book published before 1923 This book may have occasional imperfections such as missing or blurred pages poor pictures errant marks etc that were either part of the original artifact or were introduced by the scanning process We believe this work is culturally important and despite the imperfections have elected to bring it back into print as part of our continuing commitment to the preservation of printed works worldwide We appreciate your understanding of the imperfections in the preservation process and hope you enjoy this valuable book *The Power Greens Cookbook* Dana Jacobi, 2016-04-12 140 delicious healthy recipes for dark leafy greens that will please your palate and inspire you to clean your plate including vegan vegetarian and gluten free options Kale and collards don't have to be the only greens on your shopping list anymore Rising stars include romaine and parsley Brussels sprouts and beet greens and more But say the words Eat your greens and even though we know they're good for us many people are afraid that they won't taste good Fear no more The Power Greens Cookbook provides 140 recipes that are both nutritious and delicious Acclaimed cookbook author and blogger Dana Jacobi expands your culinary repertoire and introduces the fifteen Power Greens from arugula to watercress that are loaded with health supporting nutrients and phytochemicals that enhance vitality all the while protecting against diabetes heart disease and high blood pressure fortifying eyes and muscles even making your skin glow Jacobi also shares simple cooking techniques that help you prepare these super veggies quickly Including main dishes and hearty salads dips spreads snacks and even drinks The Power Greens Cookbook offers myriad mouthwatering vegetable centric recipes Soups Cabbage and Brussels Sprouts Soup Spinach Gazpacho with Walnuts Hoppin' John Stew with Mustard Greens Salads Caesar Salad with Parmesan Chickpeas Tuscan Kale Salad with Pomegranate Seeds and Walnuts Beets and Beet Greens with Citrus Dressing Main Dishes Red Beans and Smoky Greens Kale Smothered Pork Chops with Carrot and Apple Tortelloni with Broccoli Rabe Florets Small Meals and Snacks Avocado and Watercress Tartine Grilled Cheese and Tomato Sandwich with Kimchi Poached Eggs in a Nest of Bacon Wilted

Kale Side Dishes and Condiments Carrots with Wild Arugula Pesto French Lettuce Stir Fry Tahini Creamed Spinach Kale Zatar Shown in dozens of tantalizing photographs these dishes are sure to become mainstays in your kitchen for weeknight family meals casual entertaining and elegant dinner parties From the cruciferous and crunchy to the leafy and light The Power Greens Cookbook is just what the doctor and your taste buds ordered

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