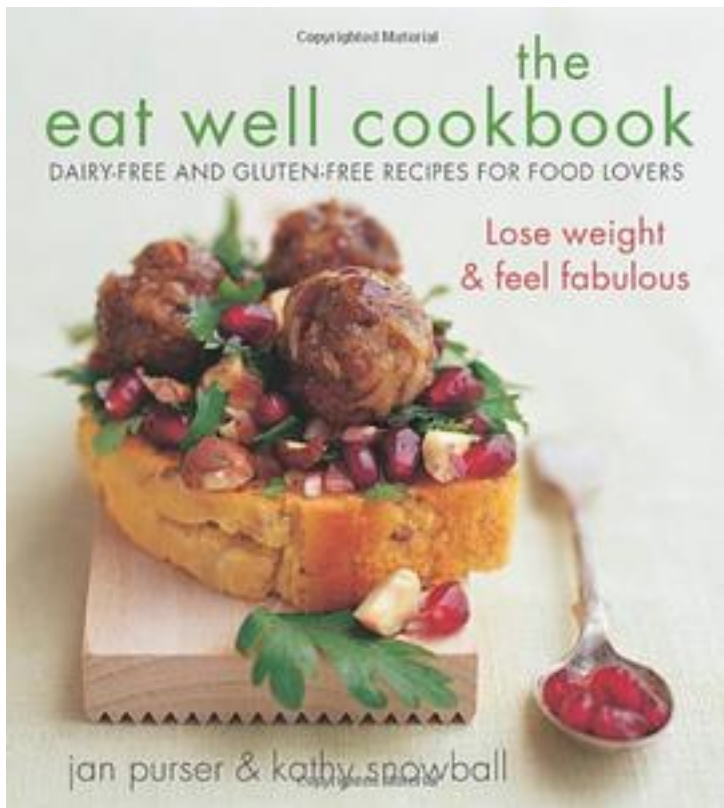


# The Eat Well Cookbook



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Based on a philosophy for health and well-being, this cookbook offers a selection of sensational healthy food for all occasions, whether it's dinner for two, a family meal, or entertaining a large group. All recipes are gluten- and dairy-free, making them perfect for people with sensitivities, dieters, those suffering from allergies, or people who just want to look and feel healthier. Mouthwatering meals--including marinated quail with red cabbage salad, seared tuna with panzanella and caper dressing, Portuguese-style duck rice, and baked pumpkin "gnocchi" with roasted tomatoes and salsa verde--fill

each page, and all recipes offer vegetarian substitutions.

作者介绍:

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