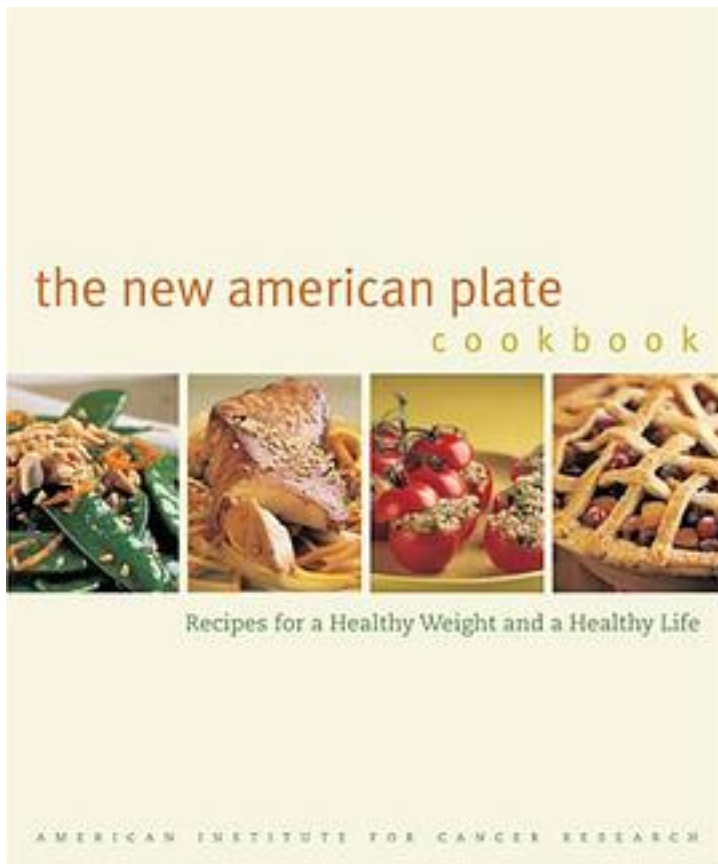


# The New American Plate Cookbook



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著者:American Institute for Cancer Research

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We all want great-tasting meals, but we also want meals that help us maintain a healthy weight and live longer, healthier lives. Marrying the art and science of food, "The New American Plate Cookbook" is the first cookbook designed to accomplish all three goals. A team of cooks, nutritionists, food writers, scientists, and others who are passionate about food collaborated to create 200 recipes, from appetizers to desserts,

that combine sound nutrition with culinary ingenuity. From updated favorites to innovative showstoppers, "The New American Plate Cookbook" delights the senses - with vivid colors, tempting aromas, and luscious flavors - while helping you reduce your risk of serious health problems like cancer and heart disease. Whether you wish to achieve a healthy weight or find a lifelong approach to eating nutritious meals, "The New American Plate Cookbook" will satisfy your conscience while it dazzles your palate. "The New American Plate Cookbook" includes: 200 recipes, from appetizers, soups, and salads to one-pot dishes and entrees to vegetables, egg dishes, breads, pilafs, desserts, and more; 74 full-color photographs; tips on meal planning and complementary combinations of dishes; practical suggestions and a guide to ingredients and cooking techniques; and information on the science behind the New American Plate approach. Recipes from "The New American Plate Cookbook" include: Bruschetta with Green Pea and Roasted Garlic Spread Butternut Squash, Tomato and Watercress Soup Mixed Greens with Blueberries, and Feta Sweet Potato and Pear Stir-Fry with Chicken and Chili Sauce, New American Beef Stew, Greek-Style Scallops Chicken with Tomatoes, Honey and Cinnamon Broccoli with Scallion Dressing, and Hazelnuts Gingered Carrots with Golden Raisins, and Lemon Heirloom Whole Wheat Bread, Whole Corn and Green Chile Muffins, Rice Pudding with Pears and Apples, and Fresh Plum Tart.

作者介绍:

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