



EatingWell Vegetables: The Essential Reference

The Editors of EatingWell

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The reference book that combines vegetable love with authoritative knowledge; everything a cook needs to know to buy, store, cook, and enjoy vegetables at their peak

EatingWell magazine is well known as a beacon of knowledge and reliability, helping people create a healthy lifestyle in and out of the kitchen—as well as making that lifestyle enjoyable and attainable. *EatingWell Vegetables* guides both vegetable lovers and novices through the world of produce, including must-know basics, shopping notes, growing advice, and cooking tips on 100 common and less common vegetables, from arugula to yucca.

Organized alphabetically by vegetable, the book includes information on seasonality and the health benefits of each vegetable, as well as more than 250 recipes with complete nutrition analysis, all tested by the EatingWell Test Kitchen. Each chapter gives core information on preparation, such as how to roast, steam, or sauté each vegetable perfectly. With 200 beautiful color photos of just-picked vegetables, delicious finished dishes, and step-by-step techniques, the book is a guide to the beauty, versatility, and delightful variety of vegetables.

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Tom Moore:

Precisely why? Because this EatingWell Vegetables: The Essential Reference is an unordinary book that the inside of the book waiting for you to snap this but latter it will surprise you with the secret that inside. Reading this book alongside it was fantastic author who else write the book in such wonderful way makes the content within easier to understand, entertaining method but still convey the meaning totally. So , it is good for you because of not hesitating having this any longer or you going to regret it. This phenomenal book will give you a lot of rewards than the other book include such as help improving your talent and your critical thinking means. So , still want to delay having that book? If I have been you I will go to the guide store hurriedly.

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What is your hobby? Have you heard that question when you got pupils? We believe that that concern was given by teacher for their students. Many kinds of hobby, Every person has different hobby. And you know that little person including reading or as examining become their hobby. You must know that reading is very important and book as to be the thing. Book is important thing to incorporate you knowledge, except your current teacher or lecturer. You find good news or update with regards to something by book. Many kinds of books that can you decide to try be your object. One of them is EatingWell Vegetables: The Essential Reference.

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