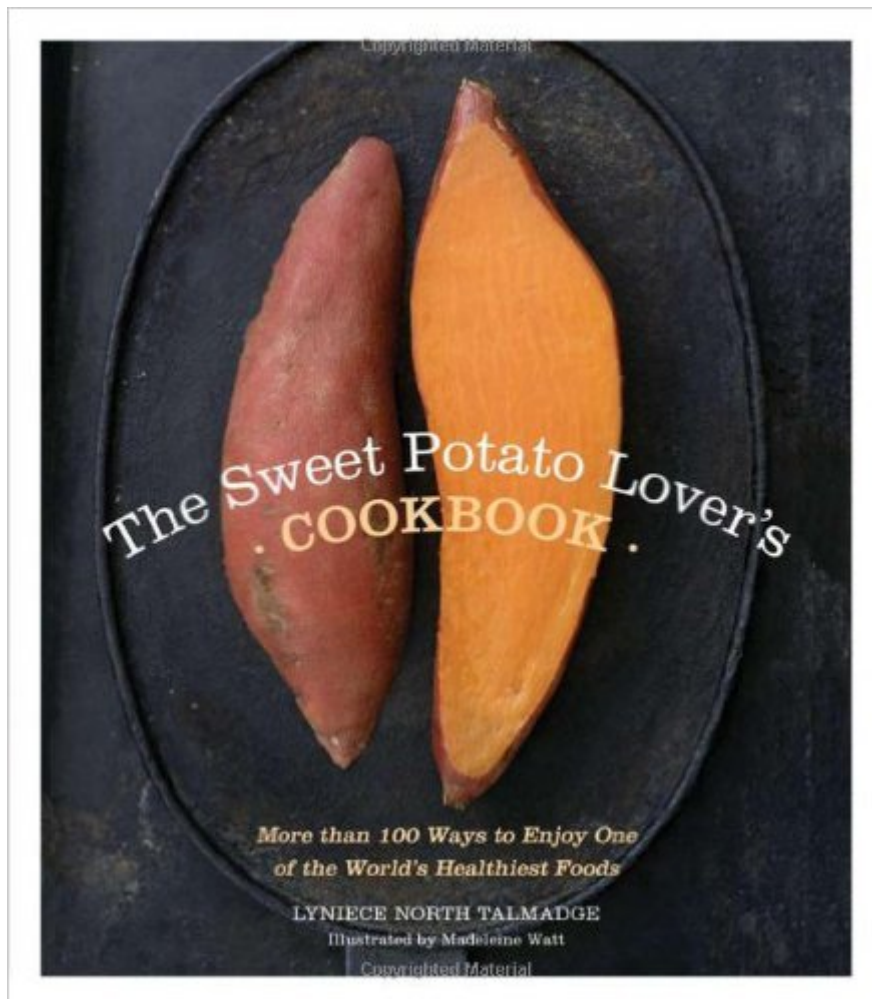


The book was found

# The Sweet Potato Lover's Cookbook: More Than 100 Ways To Enjoy One Of The World's Healthiest Foods



## Synopsis

Endless Mealtime Possibilities and Spectacular Flavors! As every sweet potato lover knows, it's more than just a holiday side dish-it's one of the world's healthiest and most flavorful foods! In this unique collection bursting with over one hundred recipes, you'll find easy-to-make dishes that highlight the natural and delicious flavors of this versatile vegetable. Enjoy sweet potatoes year-round with recipes for appetizers, soups, main courses, side dishes, and even breakfasts and desserts! Tempt your taste buds with: Orange Butter Sweet Potato Waffles Andouille Sausage and Sweet Potato Soup Sweet Potato Dumplings Spiced Sweet Potato Chips Candied Sweet Potatoes Easy Caramel Sweet Potato Pie And more! Â Start cooking today and you'll discover why so many people are in love with The Sweet Potato Lover's Cookbook.

## Book Information

Paperback: 240 pages

Publisher: Cumberland House; 2 edition (November 1, 2010)

Language: English

ISBN-10: 1402239114

ISBN-13: 978-1402239113

Product Dimensions: 7.1 x 0.7 x 8 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (14 customer reviews)

Best Sellers Rank: #384,501 in Books (See Top 100 in Books) #36 inÂ Books > Cookbooks, Food & Wine > Cooking by Ingredient > Potatoes #372 inÂ Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables #4519 inÂ Books > Cookbooks, Food & Wine > Special Diet

## Customer Reviews

These days, I think published cook books need better formatting and illustration in order to compete against the resources that are already available through an internet search. This nice little book on sweet potatoes would have benefited greatly from some color photographs - especially since it is basically a revised and updated edition of The Sweet Potato Cookbook. As it stands, the only color photos are on the front and back cover. If I were considering this book as a gift for someone - say for my diabetic father or anyone moving away from white potatoes for health reasons - I would be unhappy with this purchase. While it is full of recipes, it lacks visual appeal. There are a few drawn illustrations but they do little to educate or inspire, in my opinion. The recipes range from super simple mashed sweet potatoes to exotic desserts like Lime Sweet Potato Chiffon Pie (boy, I sure

would have loved to see what that looks like). There are small fact and history sections in the front that I found interesting. Such as putting cut sweet potatoes in salt water to keep them from browning. Recipes are divided up into the traditional categories: appetizers, beverages, soups, salads, breads, breakfasts, main dishes, side dishes, friendship recipes (recipes shared by friends) and some international selections in the Around the World chapter. There's a wide variety here to choose from and since I bought this for my own use, I am not unhappy with my purchase. It will benefit anyone who would like to learn more about cooking this super food - to include the traditional methods.

[Download to continue reading...](#)

The Sweet Potato Lover's Cookbook: More than 100 ways to enjoy one of the world's healthiest foods  
25 Potato Salad Recipes - Irresistible Sweet Potato Recipes for Every Occasion: A Cookbook full of Mouthwatering Potato Recipes  
Eating the Greek Way: More Than 100 Fresh and Delicious Recipes from Some of the Healthiest People in the World  
The Healthiest Diet on the Planet: Why the Foods You Love-Pizza, Pancakes, Potatoes, Pasta, and More-Are the Solution to Preventing Disease and Looking and Feeling Your Best  
Potato Cookbook: Tantalize Your Taste Buds with Delicious Potato Treats  
Super Grains & Seeds: Wholesome ways to enjoy super foods every day  
The I Heart Naptime Cookbook: More Than 100 Easy & Delicious Recipes to Make in Less Than One Hour  
The 150 Healthiest Foods on Earth: The Surprising, Unbiased Truth About What You Should Eat and Why  
The Everything Pre-Diabetes Cookbook: Includes Sweet Potato Pancakes, Soy and Ginger Flank Steak, Buttermilk Ranch Chicken Salad, Roasted Butternut ... Strawberry Ricotta Pie ...and hundreds more!  
The Everything Paleolithic Diet Slow Cooker Cookbook: Includes Pumpkin Bisque, Herb-Stuffed Tomatoes, Chicken and Sweet Potato Stew, Shrimp Creole, Island-Inspired Fruit Crisp and hundreds more!  
Appetizers Cookbook - Appetizers and Finger Foods You Can Enjoy Everyday: Easy to Make Snacks and Appetizers - Party Appetizers to Share with Friends  
Haute Potato: From Pommes Risssoles to Timbale with Roquefort, 75 Gourmet Potato Recipes  
The Sweet Potato Queens' Big-Ass Cookbook (and Financial Planner)  
City Tavern Baking and Dessert Cookbook: 200 Years of Authentic American Recipes From Martha Washington's Chocolate Mousse Cake to Thomas Jefferson's Sweet Potato Biscuits  
How to Feed a Family: The Sweet Potato Chronicles  
Cookbook Spiralizer Cookbook: Top 98 Veggie Friendly Spiralizer Recipes-From Sweet Potato Fries And Zucchini Ribbons To Carrot Rice And Beet Noodles  
The Plant Lover's Guide to Sedums (The Plant Lover's Guides)  
The Good Housekeeping Test Kitchen Cookie Lover's Cookbook: Goopy, Chewy, Sweet & Luscious Treats (Good Housekeeping Cookbooks)  
Williams-Sonoma Foods of the World: Florence: Authentic Recipes Celebrating the

Foods of the World 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook - Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss

[Dmca](#)