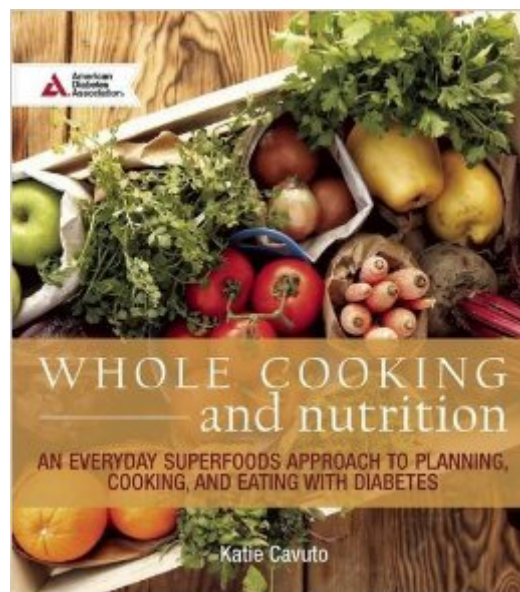


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# Whole Cooking And Nutrition: An Everyday Superfoods Approach To Planning, Cooking, And Eating With Diabetes



## Synopsis

The food in a kitchen is capable of so much, from delivering the simple pleasures of a good meal to bringing friends and family together. It's also filled with the ingredients you need to help heal your body, prevent disease and other health conditions, boost your energy level, and even improve your mood. In her debut cookbook, chef Katie Cavuto, MS, RD, introduces home cooks to 75 nutrient-rich, disease-fighting ingredients every cook should have, and presents more than 100 simple yet inventive recipes that prove healthy meals can be as delicious as they are nourishing. As a chef, registered dietitian, national media personality, and expert in her field, as well as the official dietitian for the Philadelphia Phillies, Katie has based her entire career on nourishment and the healing power of food. Home cooks of all skill levels can learn how to find inspiration in whole foods, improve family eating habits and overall health, and truly enjoy the time they spend in the kitchen and at the table.

## Book Information

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## Customer Reviews

This is a wonderful cookbook for anyone - not just diabetics. I am not diabetic but I eat as healthy as I can - and that means low sugar. I love that the author illustrates how to use healthy carb alternatives like quinoa and farro. The meals incorporate vegetables into all types of recipes. This is how I try to eat - rather than dividing my week into "vegetarian" and "meat eating", I just try to include veggies in at every meal (my young kids often find a carrot stick or 2 alongside their eggs in the morning!) I have a number of healthy cook books and sadly, they often alternate between "crazy expensive" and "super boring" - this book is neither. The author is mindful that it is a challenge to

eat well on a budget and she has built these recipes toward that goal. The kale and brussels sprout salad is bursting with flavor. The pesto and "everyday vinaigrette" are already staples in my cooking (personally - I feel like I know what veggies and lean proteins I like, I just need to mix up the sauces that go with them - these are fantastic!) My kids love the peanut butter & chocolate chip bars (there is a great section on healthy sweet treats). BTW I admit to adding an extra pinch of salt here and there!!! These recipes really do not call for much salt at all. I love omnivore salt (\*you only need a dash) and just think it adds a great extra dimension to just about anything I cook ....

I am a big fan of Katie Cavuto, so imagine my delight that "Whole Cooking and Nutrition" is on the market! Katie's book is for those who really want to eat healthy, but who desperately need easy and simple new ideas, thorough nutritional information, and specific instructions on prep. Of course you could download Katie's recipes from her blog or facebook page, but then you would miss gorgeous photographs and Katie's amazing talent for imparting her endless nutritional knowledge in an easy to process manner. You may choose to turn immediately to a recipe, but I would recommend starting Whole Cooking on page one. You'll feel as if you are on a journey to wellness, but having a lot of fun along the way. Thank you, Katie, for this labor of love of joyful eating!

I bought this book for my niece who is headed back to college and is living with diabetes. I can't help but worry a bit about her--it's hard to live a healthy lifestyle in college and considering she has diabetes--it's ever more important! I thought this book would be a fun, inspiring and educational, and it was! We sat down together to look it over and we picked out a few recipes to try. We then spent the weekend making a few things that we both loved, and that she felt confident in making on her own at school. The author of this book really put a lot of time and effort into making healthy recipes that are simple and affordable. My niece really connected with the section on "overcoming kitchen fears" because the kitchen can be overwhelming for all of us! I even went out and bought a bunch of the suggested pantry items from the book so that my niece would feel prepared to cook on her own. I personally appreciated the simple way in which the author breaks down the importance of nutrients and eating healthy. She was able to inspire and empower my niece (and me) with plenty of tips, tricks and how-to's in the kitchen - there is even a kitchen tool checklist! We especially loved the assortment of homemade dressings and dips as they are so versatile, as well as all the tips for incorporating more vegetables into each meal - we can all stand to eat more vegetables! In particular, my niece LOVED the Parmesan Dijon Chicken and the Potato-Kale Cakes with Red Pepper Sauce. I sent the book with her to college, but I immediately purchased one for myself. I

don't have diabetes but this book is really for everyone! I appreciated the easy education and healthful recipes in this book and the positive tone as we can all struggle to understand the importance of eating well, and how simple it can truly be. Needless to say, this book is my new go-to! Thank you!

This is a gorgeous book, I can't wait to try all the recipes, I've followed the author in the past, and all her advice has always been spot on! We need more books and more people impacting what we put in our bodies, this is a perfect place to start!!

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