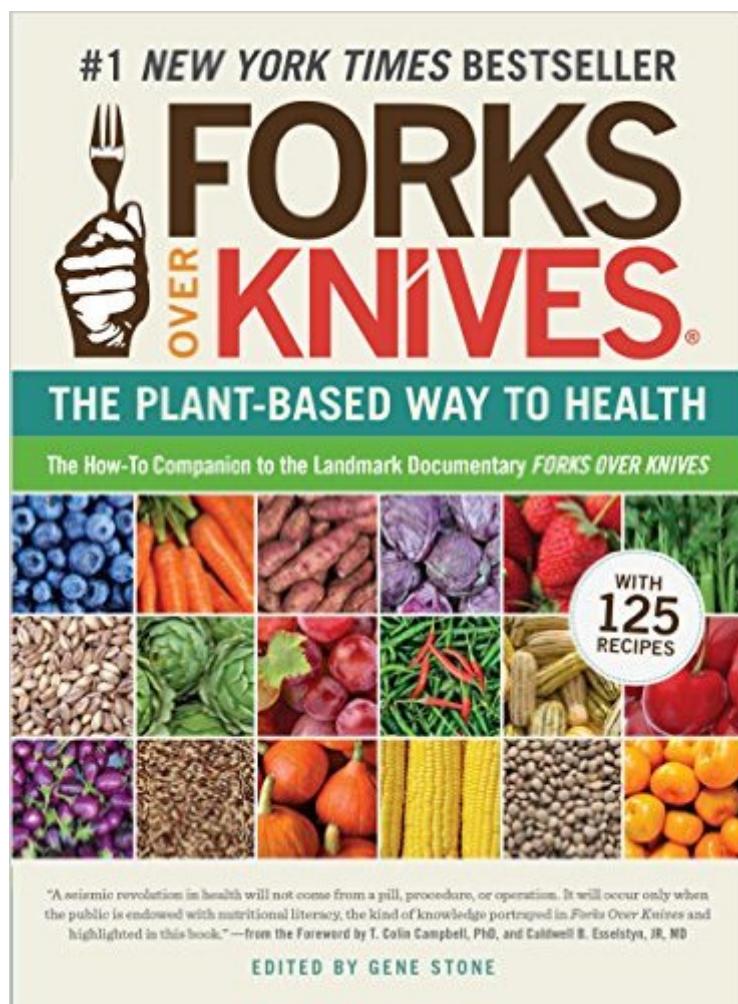


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# Forks Over Knives: The Plant-Based Way To Health



## Synopsis

#1 New York Times Bestseller A whole-foods, plant-based diet that has never been easier or tastier! "learn to cook the Forks Over Knives way with more than 300 recipes for every day! Forks Over Knives" the book, the film, the movement! "is back again in a cookbook. The secret is out: If you want to lose weight, lower your cholesterol, avoid cancer, and prevent (or even reverse) type 2 diabetes and heart disease, the right food is your best medicine. Thousands of people have cut out meat, dairy, and oils and seen amazing results. If you're among them! "or you'd like to be! "you need this cookbook. Del Sroufe, the man behind some of the mouthwatering meals in the landmark documentary, proves that the Forks Over Knives philosophy is not about what you can't eat, but what you can. Chef Del and his collaborators Julieanna Hever, Judy Micklewright, Darshana Thacker, and Isa Chandra Moskowitz transform wholesome fruits, vegetables, grains, and legumes into hundreds of recipes! "classic and unexpected, globally and seasonally inspired, and for every meal of the day, all through the year: Breakfast: Very Berry Smoothie, Breakfast Quinoa with Apple CompoteSalads, Soups and Stews: Kale Salad with Maple-Mustard Dressing, Lotsa Vegetable Chowder, Lucky Black-Eyed Pea StewPasta and Noodle Dishes: Mushroom Stroganoff, Stir-Fried Noodles with Spring VegetablesStir-Fried, Grilled and Hashed Vegetables: Grilled Eggplant & œSteaks! •Baked and Stuffed Vegetables: Millet-Stuffed Chard RollsThe Amazing Bean: White Beans and Escarole with ParsnipsGreat Grains: Polenta Pizza with Tomatoes and BasilDesserts: Apricot Fig Squares, Bursting with Berries Cobbler . . . and much more! Simple, affordable, and delicious, the recipes in Forks Over Knives! "The Cookbook put the power of real, healthy food in your hands. Start cooking the plant-based way today! "it could save your life!

## Book Information

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## Customer Reviews

The book "Forks Over Knives" does a wonderful job of performing two disparate tasks: It provides concise explanations of why a whole-foods, plant-based diet is healthiest for people, the planet, and the animals, and it offers a wide range of amazing recipes to help people get started. The editor pairs these tasks to perform one goal: to help people live healthier lives through their food choices. The book does this in three parts: (i) why a plant-based diet is best for your health, the planet, and the animals (37 pages); (ii) basic facts on plant-based foods (19 pages), and (iii) recipes (133 pages). While the bulk of the book is for recipes, there is a lot of powerful information in the first two parts that has appeal for anyone from the newcomer to the most informed, with topics as diverse as the environmental impact of food choices to nutrition labels. Even after having read literally dozens of books on plant-based foods and having finished Campbell's eCornell course in plant-based nutrition, I became more informed after reading the first two parts. The third part is filled with tempting recipes from some of the top plant-based chefs who refuse to compromise on health to sell meals. The writing style is, for lack of a better word, "comfortable". You can almost imagine yourself having a casual discussion with 11 experts on healthy eating, with insights that would surprise your general practitioner, but with language suitable for the layperson. My only qualms with the book are with the image quality of the graphs and people, which are technically disappointing, although still discernable, and with the arrangement of the bios, which seems out of order with their contributions.

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