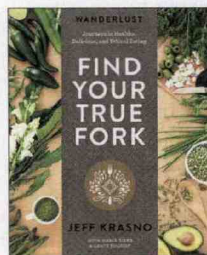


# Summer's BEST NEW COOKBOOKS

This seasonal collection of cooking and wellness books will awaken your inspiration for clean eating both *in* and *out* of the kitchen.

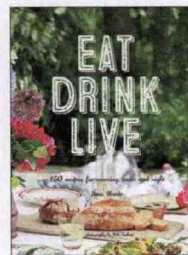
BY ANNA LEE BOSCHETTO,  
 PHOTOGRAPHY BY  
 VINCENZO PISTRITTO



## FIND YOUR TRUE FORK

By Jeff Krasno  
 (\$26, Rodale)

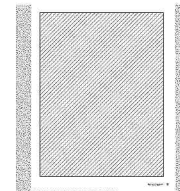
When author Jeff Krasno and his then college girlfriend (now his wife) became vegetarians, they didn't quite know why they were making the choice, but it seemed like a healthy, progressive lifestyle. In Wanderlust's *Find Your True Fork: Journeys in Healthy, Delicious and Ethical Eating*, Krasno's recipes take a flexible approach to plant-based eating by also featuring sustainably farmed meats. Among chapters including "Citizen Raw" and "The Conscious Rancher," farm-fresh produce, proteins and pantry staples create endless variety for mealtime options. For example, "Vegetarian Curious" includes a Beet and Apple Salad that's a shoo-in for serving at a summer barbecue while "The Conscious Rancher" features Grilled Butterflied Leg of Lamb. As Krasno believes, meal prep should be a cause for celebration rather than a chore and should be enjoyed with the ones you love. We couldn't agree more!

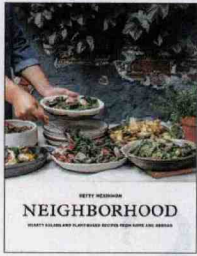


## EAT, DRINK, LIVE

By Fran Warde  
 (\$20, Ryland Peters & Small)

Chef and food writer Fran Warde shares her recipes inspired by global foods that will help you feed your family from morning to night. In *Eat, Drink, Live*, Warde's approach to cooking is simple: Take pleasure in shopping for, preparing and sharing meals. With 150 recipes, Warde kicks off with a menu planner that encourages home cooks to select recipes from categories including breakfast and brunch, party nibbles and salads. Weeknight meals including Couscous with Roasted Chicken and Vegetables feature simple ingredients and food prep that are intended to make gathering the family around the table even easier. As a mother, Warde instinctively understands that time is of the essence, and she peppers this book with ideas for keeping pantry basics on hand so that you'll always be prepared for impromptu weekend dinner parties – after all, food is meant to be enjoyed.

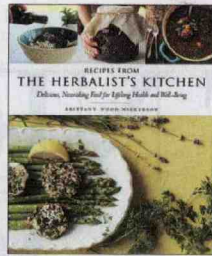




**NEIGHBORHOOD**

By Hetty McKinnon  
 (\$25, Roost Books)

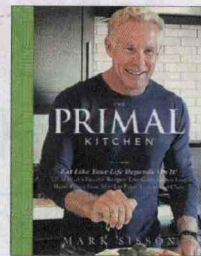
In *Neighborhood: Hearty Salads and Plant-Based Recipes from Home and Abroad*, author Hetty McKinnon explores the mealtime rituals that allow us to slow down and reconnect with food and loved ones. Her collection of vegetable-based recipes are as diverse as they are hearty, and each one includes a story that shares her culinary insight and inspiration. Divided into geographic regions, chapters include “Dear America,” which features dishes with a distinct American flair, such as Spiced Tofu with Black Beans, Barbecued Corn and Red Bell Peppers, while “To Asia, with Love” includes Roasted Carrots with Green Beans, Mung Beans and Coconut Dukkah. Along with her cook’s notes, if you’ve ever wondered what to do with salad leftovers (and let’s face it, who hasn’t?), McKinnon has an abundance of ways to make salads work overtime.



**RECIPES FROM THE HERBALIST'S KITCHEN**

By Brittany Wood Nickerson  
 (\$25, Storey Publishing)

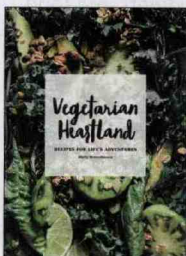
With the right ingredients, home-cooked meals can have medicinal powers. After more than a decade in herbal medicine, author and herbalist Brittany Wood Nickerson explains how the foods in your kitchen can support your mind, body and spirit. Using flavor and aroma categories such as sweet, salty and bitter, Nickerson delves into the benefits of herbs from basil to thyme, further exploring how to use each for maximum health. From nourishing vegetable dishes like ratatouille to fermented foods such as Thyme and Jalapeño Pickled Carrots, each recipe offers an explanation on herbal combinations that enhance the healing properties of the fresh ingredients. Plus, the mouthwatering photography makes this book as much a feast for your eyes as its recipes will be for your family.



**THE PRIMAL KITCHEN COOKBOOK**

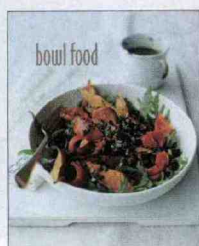
By Mark Sisson  
 (\$35, Primal Blueprint Publishing)

Did you know that avocado oil may be one of the healthiest and most versatile oils? If you’ve never cooked with this healthy fat before, then you’ll find plenty of recipe inspo in *The Primal Kitchen Cookbook*. Author Mark Sisson has collaborated with chefs and wellness experts to bring you 131 real-food recipes. Sisson’s passion for food stems from his wellness lifestyle along with his development of The Primal Kitchen line of health-food products including avocado oil and mayonnaise. From breakfast recipes such as the Chipotle Breakfast Burrito to lunch or dinner options like the Chicken Caesar Burgers, the recipes maximize the natural flavors of fresh, whole foods. The book also includes recipe icons to denote vegan, dairy-free and no-added-sugar options to help you keep your dietary requirements in check.

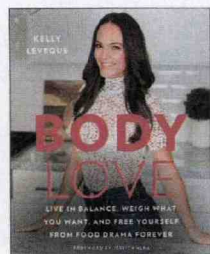


**VEGETARIAN HEARTLAND** By Shelly Westerhausen (\$25, Chronicle Books)

*Vegetarian Heartland: Recipes for Life’s Adventures* is part cookbook, part travel journal as author Shelly Westerhausen weaves her approach to garden-based cooking and stories about life in the Midwest with stunning photography. Along with her staples for stocking a vegetarian pantry, Westerhausen offers plenty of advice for staying on budget such as how to make use of peels and other vegetable trimmings. Divided according to spring, summer, autumn and winter, home cooks will be able to plan meals that make use of both local and seasonal ingredients. With more than 75 recipes, including Baked Sweet Potato with Roasted Chickpeas, Raspberries and Chèvre and Crostini with Macadamia Ricotta and Corn Zucchini Succotash, you’ll have plenty of comforting ways with farmers’ market fare no matter what time of year.

**BOWL FOOD** Edited by Stephanie Milner (\$20, Ryland Peters & Small)

Gorgeous, customizable and comforting, food bowls have taken the culinary world by storm, and creating your own bowls at home is a novel way to break out of the dinner rut. Beginning with an explanation on how to build your bowl, home cooks will find more than 75 fresh, innovative recipes for creating comforting meals in *Bowl Food*. Divided into chapters according to ingredients including “Fabulous Fruits” and “Vibrant Vegetables,” each recipe is as hearty as it is healthy. From the Healing Adzuki Bean Stew with Amaranth to the Sesame-Seared Tuna with Asian Slaw, you’ll find unexpected yet satisfying flavor combinations married with new ingredients from the produce aisle. This is one cookbook you’ll want to have on hand year-round for easy-to-prepare meals that will feed your whole family.

**BODY LOVE** By Kelly LeVeque (\$28, William Morrow)

Health and wellness consultant Kelly LeVeque shares her expertise for nourishing your body with clean, whole foods that will control blood sugar, improve your health and reduce inflammation. In *Body Love: Live in Balance, Weigh What You Want, and Free Yourself from Food Drama Forever*, LeVeque takes a realistic, lifestyle approach offering healthy-living guidelines anyone can follow to live well, listen to your body and strike a balance from breakfast until dinner. While the book focuses largely on wellness strategies and healthy-lifestyle advice, LeVeque also includes quick, 10- to 20-minute recipes such as the Broccolini Beef Bowl that rely on simple, whole foods. From the pantry to the freezer, she provides easy-to-follow shopping lists along with quick seasoning mixes, all the while helping you keep healthy, clean foods stocked in your kitchen. ☺