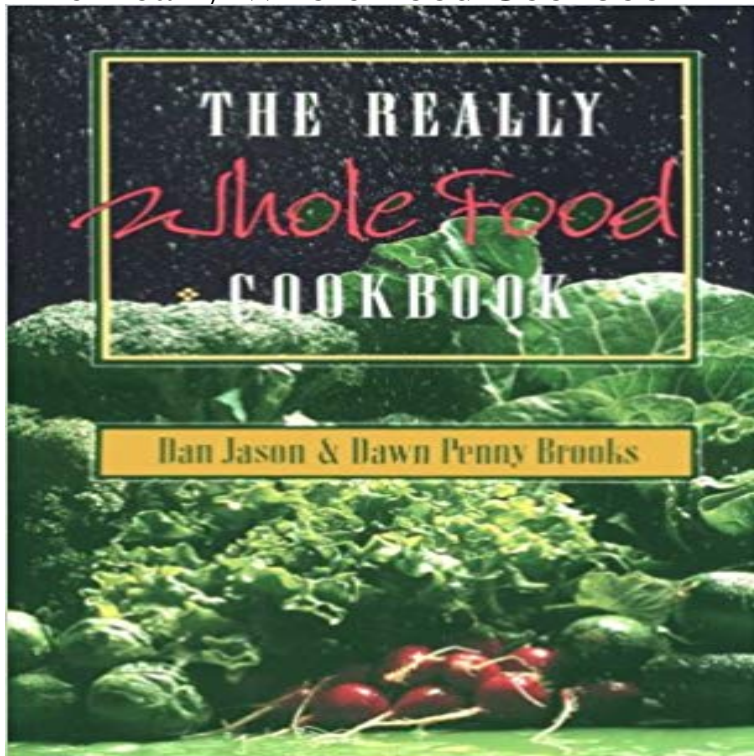


The Really Whole Food Cookbook



Here is an inspiring guide to the new whole cuisine: more than 200 low-fat, high-carbohydrate, fibre- and nutrient-rich recipes, plenty of cooking and storing tips, enthusiastic practical advice for those who want to grow some of their own food, and fascinating bits of history and nutritional information on really whole foods. Among the most important whole foods are plantbased proteins - beautiful beans, glorious grains and luscious legumes. Dan Jason, an organic gardener and seed grower, has spent more than ten years researching, growing and cooking these foods for chili, soup, salads, baked casseroles and every other prepared dish. Jason knows that many protein sources new to westerners have sustained whole cultures for centuries. His recipes for soybeans, fava beans, lentils, chick peas, wheat and barley - as well as North American newcomers like quinoa and amaranth - are based on a lifetime of research, travel, and appreciation of good plain food. They are simple and delicious, and they do not cause digestive problems. From Naked Beans to Loving Kindness Humous to Barley Pudding, these recipes are a cornucopia of tasty new ideas for those gradually moving toward a plant-based diet, for lifelong vegetarians, for anyone who wants to eat for a sustainable future.

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