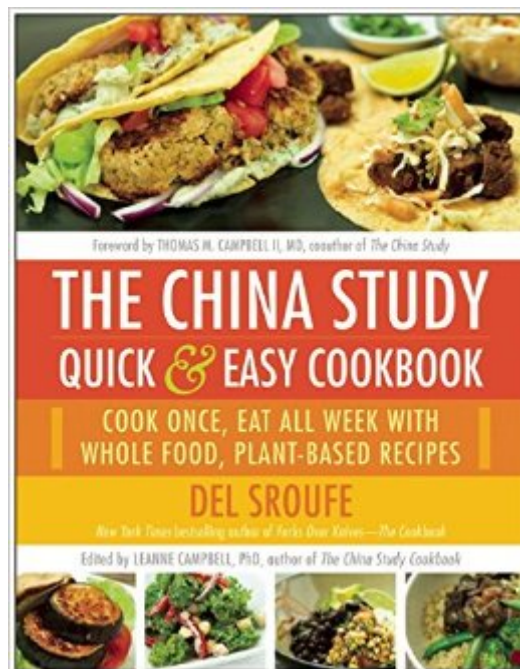


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# The China Study Quick & Easy Cookbook: Cook Once, Eat All Week With Whole Food, Plant-Based Recipes



## Synopsis

Following the plant-based nutrition regimen presented in The China Study is now easier than ever before. When it comes to meal planning, do you find yourself deciding between healthy foods and quick options? Do you stare at the contents of your fridge, wondering what you can easily throw together? Even on a busy schedule, your meals can be simple, healthy, and delicious! You shouldn't have to sacrifice health or taste for efficiency in the kitchen. Nobody knows this better than Chef Del Sroufe, author of the New York Times bestseller *Forks Over Knives*; *The Cookbook* and *Better Than Vegan*. In *The China Study Quick & Easy Cookbook*, Sroufe provides menu plans, pantry lists, and more than 100 delicious plant-based recipes that are quick, easy, and multipurpose. Edited by LeAnne Campbell, author of *The China Study Cookbook*, this book guides you to spend a couple of hours one day a week preparing meals ahead of time. Every dish follows the nutrition standards set forth by The China Study, ensuring optimal healthful and quality eating with whole food recipes such as: Fruit and Vegetable Curry; Mushrooms Barbacoa; Cauliflower Parmesan; Sweet Potato Pie Muffins; Banana-Coconut Macaroons. With a foreword by The China Study coauthor Thomas Campbell, *The China Study Quick & Easy Cookbook* is the next step in transforming your kitchen, your time, and your life.

## Book Information

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## Customer Reviews

The China Study Quick & Easy Cookbook provides a large collection of recipes that are plant-based (no meat) and utilize a variety of whole foods. Although the word "China" is in the title, it's not an

Asian food cookbook. Rather, it references a series of books by co author Leanne Campbell and features a wide range of dishes (typically, variations of unhealthier food such as Mac N Cheese). The book is bright and friendly, well photographed, well designed, and with nice breadth and depth in the recipes (which are very easy to make). The focus of the book is healthy food that is very quick and easy to prepare. The book includes meal plans, pantry lists, and then ends with measurements guide, dietary symbols, nutritional value, and an index. Recipes are single page, have bold orange titles, use italics and bold for the ingredients list, and steps are in numbered paragraph form (the easiest way to follow a recipe!). Storage time, substitutions, and tips are included as needed. The recipes break down as follows: Breakfast dishes, Sauces, Salad Dressings & Seasonings, Snacks & Spreads, Salads, Sandwiches, Pasta & Baked Dishes, Soups, Entrees, and Deserts. Recipes vary: Stovetop fruit crisp, tostads, pita pizza alfredo, poblano-corn quinoa cakes, mushroom tacos, island red bean stew, asian noodle soup, fuss-free pho, Southwest burgers, summer penne pasta saute, late summer potato salad, falafel, alfredo sauce, jerk spice rub, herbed orange vinaigrette, fresh apple muffins, apple pie granola, muesli, and many, many, more. Common substitutions for unhealthier ingredients are medjool dates for sweetness, non dairy milk (coconut, hemp, etc.) for milk, cauliflower for cheese, mushrooms for beef, and whole grains for flour, etc.

I have recently transitioned to eating a plant-based diet which necessitates learning new ways to cook and think about flavor pairings. I went to the library and checked out about a dozen vegan cookbooks and then bought those with the most interesting recipes. This cookbook has risen to the top of my list for several reasons. First of all, I do the majority of my shopping at a farmer's market so I come home with quantities of seasonal vegetables and then figure out what to make with them - kind of the opposite of the prescribed menu plans at the beginning of this cookbook but it works well either way. When I get home from the market I look in the indexes of my cookbooks and flag recipes containing the specific vegetables I brought home. Of the four cookbooks I use most, this one has the most thorough and usable index. One of the other cookbooks only indexes ingredients that are named in the recipe title or the introductory paragraph, not the actual recipe ingredients! Really. Since I don't read cookbooks like novels, that book doesn't get used much, but this one does! The second reason I love this cookbook is because it covers a wide spectrum of flavor exploration without requiring spices I've never heard of. Most of the interesting flavors come from imaginative pairings of herbs and vegetables. I can't tolerate (digest) more than a whisper of anything from the allium family (onion, garlic, shallots, etc.) and many cookbooks rely almost exclusively on loading up their unimaginative recipes with nothing but onions and garlic for flavoring. To be sure, there are

plenty of recipes in this cookbook that call for onions and garlic but most of them include other primary flavorings so the dish still tastes great when I just leave out the allium.

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