

In the Forks Over Knives documentary, Dr. T. Collin Campbell, PhD and Dr. Caldwell Esselstyn, MD make a clear and persuasive case for a whole-foods, plant-based diet. The Forks Over Knives Cookbook helps folks embrace this lifestyle by serving up a variety of recipes featuring fruits, vegetables, whole grains, tubers, and legumes.

The first 20ish pages of the book reinforce key messages from the documentary while providing useful tips for outfitting the kitchen. It's well worth giving this section a close read. Then there are 321 recipes to explore of which we sampled 241.

Forks Over Knives was the fifth whole-foods, plant-based cookbook that my husband and I explored. It did not turn out to be our favorite. I suspect that in creating such a large compendium, the cookbook was bound to include a lot of recipes that we found less than dazzling. And in fairness, we've become far more discerning now that we've sampled over 1,200+ recipes on our cooking journey. That being said, we may include 30-40 offerings in our "repeat" file once we stop working our way through cookbooks.

One interesting note: We were tempted to skip the dessert section as we're watching our waistlines. But we decided to give them a go anyway. It turns out that it's one of the best sections in the book!

Breakfasts

I'm a bit of a hard sell when it comes to breakfasts. I'm quite content with my protein drink, bowl of cold cereal, or hot oatmeal. But it was nice to stretch our palates a bit with these selections.

Fruits and Smoothies



Fruit Salad



Mean Green Smoothie and
Spicy Tropical Green Smoothie



Very Berry Smoothie and
Banana Cranberry Smoothie



Strawberry Peach Smoothie and
Chucky Monkey Smoothie



Pumpkin Pie Smoothie and
Gingerbread Smoothie

Granola and Muesli



Stove Top Granola



Basic Baked Granola



Banana Almond Granola



Banana, Date, and Coconut Muesli



Apple Cinnamon Muesli



Banana Granola Parfait



Cherry Pecan Granola Bars

Hot Cereals



Basic Oatmeal



Slow Cooked Steel-Cut Oats



Sweet Potato Pie Oatmeal



Breakfast Quinoa
with Apple Compote



Congee with Dates and Spices



Brown Rice Breakfast Pudding



Polenta with Dried Fruit Compote



Polenta with Pears
and Cranberries



Fruited Barley

Hearty Breakfasts



Breakfast Rancheros



Portobello Florentine



Ful Medames
(Egyptian Breakfast Beans)

Salads

Though we generally aren't big salad eaters, we enjoyed exploring variations on this theme. Our favorites centered around four ingredients: quinoa, black beans, mung bean sprouts (*of which I am a recent convert*), and leafy greens.

Grain Salads



Curried Rice Salad



Rice Salad with Fennel,
Orange, and Chickpea



Quinoa Arugula Salad



Israeli Quinoa Salad



Quinoa Tabbouleh



Spicy Asian Quinoa Salad



Quinoa, Corn, and
Black Bean Salad



Lima Bean and Quinoa Salad



Fruited Millet Salad

Bean Salads



Italian-Style Stuffed Tomato



Tomato, Corn, and Bean Salad



Mango Black Bean Salad



Vegetable and Black Bean Salad



Fava Bean Salad



Succotash Salad



Lentil Salad with Tomato and Fresh Herbs



Mung Bean Sprouts and Spinach Salad



Chickpea Avocado Salad



Taco Salad with Cilantro-Lime Dressing

Hearty Vegetable Salads



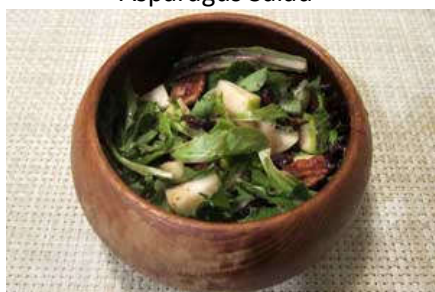
White Bean, Potato, and Asparagus Salad



Asian Vegetable Salad



Kale Salad with Maple-Mustard Dressing



Autumn Mixed Green Salad

Soups

This cookbook offers a lot of options for those who enjoy a hot bowl of soup on a cold fall or winter day. Our favorites were Summer Vegetable Soup, Tomato and Red Pepper Soup, Thai Vegetable Soup, and Thai Hot-and-Sour Soup.



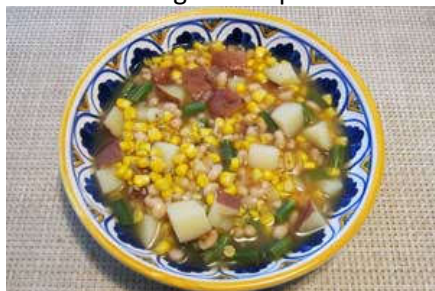
Singles' Soup



White Bean Gazpacho



Summer Vegetable Soup



Potato, Corn, and Bean Soup



Tomato and Red Pepper Soup



Minestrone



Creamy Asparagus Soup



Spinach Vichyssoise



Zucchini Bisque



Cream of Broccoli Soup



Curried Cauliflower Bisque



Curried Potato Soup with
Corn and Red Pepper



Corn Chowder



Lotsa Vegetable Chowder



Fall Harvest Vegetable Chowder



Sweet Potato Bisque



Savory Squash Soup



Curried Squash and Apple Soup



Chestnut Soup



Mushroom Barley Soup



Chipotle Black Bean Soup



Split Pea Soup



Lentil Soup with Cauliflower,
Potatoes, and Squash



Ful Nabd
(Egyptian Fava Bean Soup)



Miso Soup



Thai Vegetable Soup



Tom Yum Goong
(Thai Hot and Sour Soup)

Stews

There are few things better than hot stew on a cold and rainy Oregon day. Our favorite recipes in this cookbook were the Lentil Chili and the Bean & Mushroom Chili.



Thai Vegetable Stew



Spicy Thai Sweet Potato Stew



Adzuki Bean Stew with Miso



Chilean Bean Stew



Spanish Chickpea Stew



Indian Zuppa with Tomatoes and Fava Beans



Pinto Bean Stew with Hominy and Spicy Cilantro Pesto



Lima Bean Stew



Pumpkin and Anasazi Bean Stew



Tzimmes



Millet Stew



Ethiopian Lentil Stew



Autumn Vegetable Stew with North African Spices



Lentil Stew with Avocado Salsa



Lentil Chili



Bean and Mushroom Chili

Wraps

Lettuce Wraps



Hummus and Tabbouleh Wrap



Stir-Fried Lettuce Wrap with Hummus and Fresh Herbs



Portobello Wraps



Thai Portobello Wraps

Tortilla Wraps



Portobello Mushroom Tacos



Veggie Fajitas

Pasta and Noodles

We prepared a smidge over half of the available recipes in this section. The stand-outs include: Spring Pasta Salad, Macaroni Salad, Penne with Roasted Red Pepper Sauce, and Peanut Noodles with Broccoli. That being said, many of the dishes were a bit pasta- or noodle-heavy for our taste.

Pasta and Noodle Salads



Spring Pasta Salad



Macaroni Salad



Ponzu Noodle Salad



Indonesian Noodle Salad



Mango Pasta Salad



Grilled Vegetable Pasta Salad
with Pineapple Chutney

Warm Pasta Dishes



Spaghetti with Tomato Sauce



Penne with Chickpeas and Spinach



Penne with Broccoli Rabe



Pesto Pasta with White Beans



Rigatoni Antipasto



Penne with Roasted
Red Pepper Sauce



Penne with Spicy Eggplant



Mushroom Stroganoff



Pasta with Peas in Curry Sauce



Spaghetti and "Meatballs"

Warm Noodle Dishes



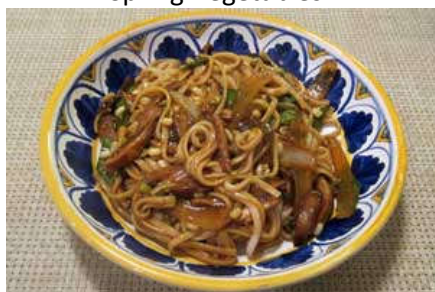
Stir-Fried Noodles with
Spring Vegetables



Udon Noodles in Kombu Broth



Peanut Noodles with Broccoli



Udon Noodle Stir-Fry

Vegetables

We sampled most of the vegetable recipes and found that our tastes tended toward simpler fare –Basic Vegetable Stir-Fry and grilled vegetables. We also liked the Baked Spaghetti Squash with Swiss Chard; it's a tasty way to take in some leafy greens.

Stir-Fried, Grilled, and Hashed Vegetables



Basic Vegetable Stir-Fry



Stir-Fried Vegetables
with Miso Sake



Miso-Glazed Squash with Spinach



Grilled Vegetable Kabobs



Grilled Portobello Mushrooms



Grilled Cauliflower "Steak"
with Spicy Lentil Sauce



Grilled Eggplant "Steaks"



Ratatouille



Spicy Sweet and Sour Eggplant



Eggplant Dengaku Stir-Fry



Indian Spiced Eggplant



Spiced Green Peas and Yams



Braised Red Cabbage with Beans



Mixed Winter Vegetables with
Spicy Poppy Seed Sauce

Stuffed and Baked Vegetables



Baked Spaghetti Squash
with Swiss Chard



Baked Spaghetti Squash
with Spicy Lentil Sauce



Quinoa-Stuffed Tomatoes
with Spicy Cilantro Pesto



Poblano Pepper with
Chipotle Black Bean Sauce



Southwestern Twice-Baked Potato



Millet-Stuffed Portobello
Mushrooms



Asian Stuffed Mushrooms



Stuffed Eggplant

The Amazing Bean

If you've opted for a whole food plant-based diet, you've pretty much signed on to revel in the wholesome goodness of beans. Recipes worth repeating from this cookbook include Black Beans and Rice, Cuban-Style Black Beans, and Chickpea Caponata.



Bean, Corn, and Summer
Squash Sauté



Cannellini Bean Ratatouille



Black Beans and Rice



Jamaican Black Beans



Cuban-Style Black Beans
with Cilantro Rice



"Refried" Beans and Tomato Rice



Texas Caviar



Lucky Black-Eyed Pea Stew



Koshari (*Lentils with Rice and Macaroni*)



Mujadara (*Lentils with Rice and Caramelized Onion*)



Red Lentil Dal



Chana Saag



Curried Chickpeas and Rice



North African Chickpeas and Vegetables



Chickpea Caponata



Spicy Chickpeas and Fennel

Great Grains

Our household tends to go light on grains. However, we couldn't resist the Whole-Grain Corn Muffins (*which we've already made several times*), the Polenta Pizza with Tomatoes and Basil, and the Mushroom Barley Risotto.

Rice Dishes



Pineapple "Fried" Rice



Red Curry "Fried" Rice



Stir-Fried Rice with Asparagus
and Red Pepper



Stir-Fried Bok Choy and Rice
in Garlic Sauce



Sweet and Sour "Meatball" Stir-Fry



Eggplant and Chickpea Rice Pilaf



Sweet Potato and Cauliflower
Rice Pilaf



Green Chili Rice with Black Beans



Vegetable Biryani



Wild Rice, Cabbage, and
Chickpea Pilaf



Ethiopian Wild Rice Pilaf

Corn, Polenta, and Millet Dishes



Whole-Grain Corn Muffins



Basic Polenta



Polenta with Wild Mushrooms



Polenta Pizza with Tomatoes and Basil



Polenta Pizza with Pesto, Caramelized Onions, and Potatoes



Cabbage and Millet Pilaf

Quinoa and Other Grains



Orange Quinoa with Black Beans



Spinach, Mushroom, and Quinoa Pilaf



Bulgur Pilaf with Chickpeas and Summer Squash



Bulgur Chickpea Pilaf



Bulgur with Walnuts & Dried Fruit



Barley and Yam Pilaf



Mushroom Barley Risotto

Casseroles

We tried a few of the casserole recipes but found that they just didn't generate a lot of enthusiasm. We also wound up with too many leftovers for our 2-person household.



Summer Vegetable Pesto Bake



Southwestern Mac and "Cheese"



Mexican-Style Bean and Rice Casserole



Eggplant Polenta Casserole



Moroccan Style Shepherd's Pie



Spinach and Sweet Potato Lasagna

Desserts

I very nearly skipped this entire section having made plenty of other desserts from other cookbooks. (*And with due concern over our waistlines!*) But I decided to give it a go... and am so glad that I did. The oatmeal raisin cookies, granola bars, brownies, muffins, and apple crisp were well worth the effort. And as one who has given up dairy, I was especially pleased with the Strawberry Shortcakes!



Chocolate Chip Cookies



Nilla Cookies



Raspberry Thumbprint Cookies



Oatmeal Raisin Cookies



Gingerbread Mama Cookies



Tea Scones



Apple Cinnamon Granola Bars



Peanut Butter Granola Bars



Apricot Fig Squares



Raspberry Truffle Brownies



Walnut Brownie



Carrot Cake



Double Chocolate Cupcakes



Ginger Peach Muffins



Banana Bread



Secret Zucchini Muffins



Pumpkin Spice Muffins



Chocolate Pumpkin Muffins



Apple Crisp



Bursting with Berries Cobbler



Ginger Peach Parfait



Strawberry Shortcake