



In the introduction to this cookbook, Dr. Neal Barnard sounds the alarm for the medical crises awaiting millions upon millions of American whose dietary habits set the stage for arteriosclerosis, hypertension, diabetes, and a host of other life-threatening ailments. He joins with his partner, Chef Robyn Webb, in offering over 100 “easy and delicious recipes [that] will lure with their aromas and flavors” while paving the way to a healthier lifestyle.

We sampled 75% of the book’s low-fat, low-GI (*glycemic index*), high-nutrient recipes. They were satisfying and easy to make. They also leverage a wide array of ingredients to give the intrepid home chef a good deal of variety in daily, weekly, and monthly meal planning.

If you are new to the whole food plant based diet, the initial chapters of the cookbook cover the science behind the diet as well as helpful tips about making foods to fit your goals. The appendices provide a three-day meal plan, shopping lists, and recommended convenience foods.

Breakfast

I remain a rather hard sell when it comes to breakfast recipes. I’m usually in a hurry to get on with my day and lack the patience to prepare a fancy breakfast. But I did enjoy making Sweet Potato Hash with Peppers, Blueberry Pancakes, and Spiced Pumpkin Oatmeal.



Sweet Potato Hash with Peppers



Banana-Ginger Pancakes



Spicy Spinach Frittata



Spanish-Style Scrambler Wrap



Blueberry Pancakes



Soy Yogurt Fruit and Granola Parfait



Spiced Pumpkin Oatmeal



Sweet Potato and Black Bean Burrito with Salsa Fresca



Marvelous Mango Smoothie



Peachy Keen Smoothie

Lunch

I'm nearly as lazy about making lunch as I am about fixing breakfast. Our usual midday fare consists of leftovers from prior nights' dinners. But I really enjoyed the Black Bean and Corn Salad with Lime, the Pear and Sweet Potato Soup, and the Spicy Gala Apple, Chickpea, and Mango Chutney Soup.



Udon Noodle Salad



Black Bean Corn Salsa with Lime



Cauliflower and Sweet Potato Chowder



Black Bean Soup with Orange



Edamame and Quinoa Salad



Very Gingery Pear and
Sweet Potato Soup



Hopi Corn and Chili Stew



Basmati Rice Burgers
with Pinto Beans



Cajun Bean Soup



Quinoa and Carrot Soup



Tempeh Burger with
Pineapple Salsa



Tempeh Sloppy Joes



Black Bean Tartines



Cream of Asparagus Soup



Lemony Lentil Vegetable Stew



Spicy Gala Apple, Chickpea, and
Mango Chutney Soup



Chickpea Patty with
Mango Chutney



Minty Black Bean, Jicama, and
Cucumber Salad



Red and White Quinoa Pilaf



White Rice Pilaf with Roasted
Garlic and Spinach



Black Bean Cakes with
Mango Salsa



French Country Stew



Fire-Roasted Tomato
Black Bean Chili



Winter Vegetable Potage



Toasty Tortilla Soup

Dinner

This cookbook's dinner recipes are being tasty and relatively easy to make. Our favorites include Asian Broth with Mushrooms, Tofu, and Ginger, Polenta with Zesty Mushroom Sauce, Trinidadian Curried Cauliflower, Potatoes, and Peas, and Three-Layer Tortilla Casserole.



Fettuccine with Roasted
Peppers and Zucchini



Pasta with Sun-Dried Tomatoes
and Artichokes



Cajun Corn and Edamame Sauté



Udon Noodles with Shiitake and Button Mushrooms



Sweet Potatoes and Chickpeas In Chili Sauce



Asian Broth with Mushrooms, Tofu, and Ginger



Caramelized Onions with Lentils and Brown Rice



Cassoulet



Curried Tempeh Kabobs



Grilled Tofu with Smoky Barbecue Sauce



Italian Beans and Greens



Mixed Vegetable Curry with Whole Wheat Couscous



Multi-Mushroom Sauce



Polenta with Zesty Mushroom Sauce



Pretty Stuffed Peppers



Quinoa Timbale



Springtime Asparagus and Tofu Stir-Fry



Stuffed Portobello Mushroom with Brown Rice and Tomatoes



Trinidadian Curried Cauliflower,
Potatoes, and Peas



Spiced Squash Bisque



Moroccan-Style Pilaf



Three-Layer Tortilla Casserole



Brown Rice, Chickpea,
and Vegetable Soup



Spicy Red Beans and Brown Rice



Stuffed Poblano Peppers
with Enchilada Sauce



Sweet Potato and Green Pea Curry
over Brown Rice



Vegetable Paella



Ginger Tofu



Black-Eyed Pea and Brown Rice
Pilaf with Browned Onions



Cinco de Mayo Black Beans
and Rice



Pan-Grilled Tofu Steak with
Spiced Tomato Sauce



Ancho Chili



Sweet and Sour Tofu

Dessert

Not surprisingly, a physician associated closely with diabetes treatment serves up a rather thin selection of dessert recipes. They were all quite satisfying.



Creamy Fruit Smoothie



Fruit Kabobs with Peach Cream Dip



Chocolate Cherry Nirvana



Raspberry Cake

Entertaining

I was pleased to find a section at the back of the book geared toward entertaining. Each collective of recipes adhered to a different culinary theme and proved enjoyable for our guests.

Italian Feast



Spinach, Beet, and Orange Salad
with Ginger-Agave Dressing



Whole Wheat Pasta
Zucchini and Herbs



Multicolored Peppers with Thyme



Grilled Peaches with
Sweet Balsamic Glaze

Tapas



Roasted Pepper Bruschetta



Garlic Mushrooms



Chickpeas with Onion and Tomato



Eggplant Salad

Summertime Party



Grilled Portobello Mushrooms



Saffron Rice with
Peas and Asparagus



Fennel and Tomato Salad
with Fennel Vinaigrette



Strawberries in Marsala

Asian Twist



Lemongrass and Mushroom Soup



Mixed Greens with
Miso Dressing



Vegetable Lo Mein



Fresh Strawberry Pie