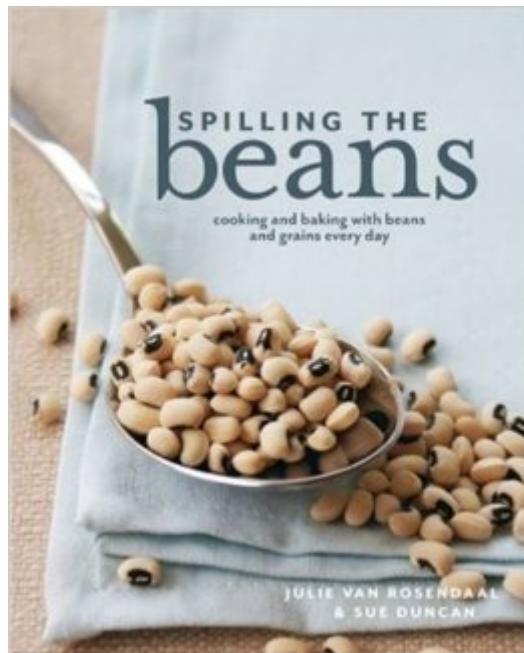


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# Spilling The Beans: Cooking And Baking With Beans And Grains Everyday



## Synopsis

Learning to cook delicious meals using healthy ingredients is a snap in this new cookbook. With humorous anecdotes and current factoids on health, Julie and Sue explain everything from the truth behind beans and flatulence to demystifying the simple process of soaking and cooking dried beans and lentils. At a time when eating foods that are as good for the environment as they are for us is a growing concern, whole, healthy, high-fibre foods such as beans and grains are in high demand. Helpful info from gastroenterologist Dr. Guido Van Rosendaal also highlights the physical benefits of incorporating more legumes and whole grains into our everyday diets. Spilling the Beans covers it all, from how to cook up beans and grains, to how to add healthy fibre to your favourite desserts. An entire section on baking delicious desserts with beans amps up cakes, bars, and cookies with flavour and fiber.

## Book Information

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## Customer Reviews

Beautiful book with lots of pics. Some recipes are novel, others straightforward and so simple--makes you wonder why you never thought of it before yourself. The recipes don't use a long list of endless ingredients. Got this book b/c I want to eat lighter, if not healthier, in 2012; yet, I want to feel satisfied in the process. And when I'm eating something a bit more caloric in the 'comfort food' category, I want it to be nutrient dense. The book includes grains too--bulgar, quinoa, lentils, etc...beans are filling so you eat less and feel satisfied. It adds fiber and they are healthy. They are also very economical, and in this economy, that's helpful. I also have a pressure cooker, great for

prepping beans from scratch; however, recipes are given listing amounts of canned beans too, all kinds, but mostly white beans. Cooked beans can also be frozen to keep handy for another meal at the ready. There are soups, sides, entrees: pastas, pizzas, vegetarian and otherwise. Then there are breads, some yeasted too, desserts of all kinds, casseroles, hot and cold dips, etc..some recipes are Indian, Asian, Mexican, etc..many more, too many to mention. I tried the 'candied red lentils' and they were quite a pleasant surprise. They are cooked and mixed with brown sugar and butter and roasted in oven until they become crispy and crunchy. They are in some of the dessert recipes, and you can eat them straight as is, addictive. I also made the Mac & Cheese b/c it was a baby step to get started. It has whole white beans pureed and mixed it into the bechamel. Very moist, no way could you tell at all that there were beans mixed in. I baked a no-knead bread--yes, some pureed beans are incorporated into that too. Man, is it good. Better than some recipes I have made from dedicated bread books.

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