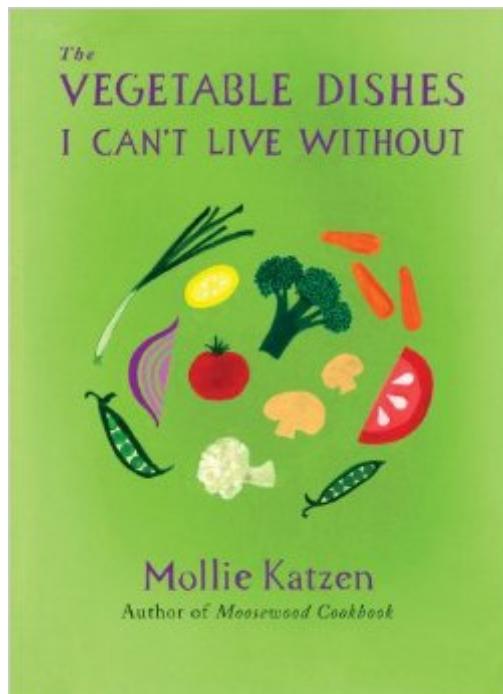


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# The Vegetable Dishes I Can't Live Without



## Synopsis

Sometimes we need a little inspiration when it comes to adding more vegetables to our plate. Thankfully for us, Mollie Katzen knows a thing or two about vegetables! On the 30th anniversary of her groundbreaking Moosewood Cookbook, Mollie presents just under 100 delicious vegetable side dishes in this delightful and beautiful cookbook. Whether you need an appetizer, a quick and easy snack for the kids, or something to accompany a main dish, this cookbook offers creative recipes and countless ways to infuse more vegetables into our diets. Both vegetarians and meat-eaters alike can benefit from these tasty and healthy side dishes, many of which you can even serve as stand-alone meals. *The Vegetable Dishes I Can't Live Without* is an assortment of mostly new recipes, with new twists on some old favorites. Presented in her signature style and with her classic hand-drawn illustrations, these are the recipes she loves the most, and the recipes her millions of fans will most cherish.

## Book Information

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## Customer Reviews

I had heard about this book on NPR and I browsed it at my local bookstore. I couldn't put it down. I bought it, not sure if I would keep it or give it to my intended recipient. In the 10 days that I had it before wrapping it on Christmas Day, I made 6 different dishes with it, each wonderful, easy, and delicious. The recipes are straightforward and yet come out very fancy, much more interesting than just a side of vegetables. Definitely worth the shelf space in my kitchen.\*As an update, a year later I still use this cookbook regularly, and several of the dishes have become weeknight regulars. It is the first book I recommend now to people who ask about getting more vegetables into their diet.

Quite simply, the best vegetable cookbook I have ever read. I am a practicing chef in the U.K., certainly not on a level with the author, but I hold my own. And the recipes and dishes presented here are, in a word, exquisite. In another word, delicious. Since removing meat from my diet 10 years ago friends tell me I look much younger. I think books like this do a good job of reminding people that adopting a vegetable based diet is the simplest way to preserve our youth. I recently read another excellent book related to preserving youth, the hilarious *Race You To The Fountain of Youth*. *Race You to the Fountain of Youth: I'm Not Dead Yet (But parts of me are going fast)* As far as vegetable based recipes and diets go, "Vegetable Dishes I Can't Live Without" is the best. I've read perhaps 9 books on the subject, and this is the only one I don't hesitate to recommend.

The ever-popular vegetarian chef Katzen (*Moosewood Cookbook*) concentrates on her current favorites for another book of inventive, eclectic recipes, arranged alphabetically by main ingredient. These include mostly side dishes, with some main dishes, and are a bit more slimmed down than previous books - without in any way skimping! No, these are recipes that are naturally healthful and slim, such as *Oven Ratatouille*, or *Shiitake Slaw*, or *Southwest Summer Corn Hash* (this was fine with frozen corn), or *Beet-Avocado-Pear "Carpaccio,"* or *Avocado-Strawberry Saladita*, or *Artichoke Heart and Spinach Gratin* (no cream or milk), or *Stir-Fried Eggplant with Ginger-Plum Sauce*. Tired of the same old winter vegetables? Try *Roasted Root Vegetables with Pear Glaze*, or *Portobello Parmesan*, or *Mushroom-Stuffed Mushrooms with Wild Rice and Goat Cheese*, or *Sweet-and-Sour Red Cabbage with Berries* (fresh, dried, or frozen). Katzen's fans will welcome this book and newcomers will find lots of easy, inventive ways to brighten up the dinner table.

I've loved and used Mollie Katzen's books since I first received **THE MOOSEWOOD COOKBOOK** for a wedding gift 23 years ago. This newest one is another wonder. The writing is clear, thoughtful and fun, and the recipes are at once accessible and "out of this world", generally easy to make and yielding heavenly results. Just reading them makes me want to run out and shop and start cooking! Katzen's *ART* is also a miraculous combination of earthy and airy. From the lyrical, floral line drawing on the title page, to the spirited, happy designs by each recipe, to the gorgeous, exquisitely detailed studies throughout of the vegetables themselves, this book is a visual feast -- as soulful, alive and full of love as her edible works. Ms. Katzen is creative in the truest sense of the word, and this book will nourish and add beauty to all of our lives.

I want to make and eat everything in this cookbook. We tried the recipe for grilled stuffed endive. It was delicious and easy to make. Each recipe has the simplicity and practicality you expect from Mollie Katzen, but also a lusciousness that comes from bringing out the best in each vegetable. It is mostly side dishes, but there are also risottos, pasta dishes and stews. A plate with two or more of these recipes on it would be pure heaven. If you love vegetables (or want to love vegetables) and need some variety in what you make, you will love this book!

I was looking for creative ways to get more fresh veggies into our diet and this cookbook solved that problem. The recipes are easy to follow, ingredients are readily available seasonally, and the end results are delicious. The leek chips are fabulous, the shiitake slaw was wonderful, the spaghetti squash with caramelized onions was an unusual way to prepare spaghetti squash and got rave reviews from my family. We are shopping at our local farmers markets now for fresh produce and this book is a great asset to preparing those fresh veggies in a healthy, creative and delicious way!

I was looking for a book with vegetable recipes to add vegetables to my diet. I have tried a few recipes and I think I may not be used to having vegetables in my diet but I am going to continue to try. The pickling of the broccoli stems is too sweet for my taste. I will try it again by using the unseasoned rice vinegar. The other pickling recipes in the book are also sweet. Many recipes require a food processor, I do not have one. Recipes require some unique foods that are not normally in my pantry. If you are looking for a vegetable cook book, this is a good beginning because it has all kinds of vegetables with a variety of ingredients. The book is printed without color or pictures of the final product, the book is also less expensive than some other books.

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