



15-MINUTE *Meals*



15 Minute Food

Jonny Bowden, Jeannette Bessinger



15 Minute Food:

The 150 Healthiest 15-Minute Recipes on Earth Jonny Bowden, Jeannette Bessinger, 2010-12-01 Discover how you can put a delicious healthy and satisfying dinner on the table in only fifteen minutes Acclaimed nutritionist Jonny Bowden Ph D C N S and personal chef and nutrition educator Jeannette Bessinger C H H C have created more than 150 nutritious recipes that can be made in minutes They will turn out so great tasting you ll never need to toil in the kitchen for hours again Chef Jeannette offers suggestions for fast tasty and healthy side dishes to complete your meal as well as quick variations and substitutions that infuse these recipes with variety while Dr Jonny explains how they made these easy recipes healthy Savor the Grilled Cayenne Honey Drumsticks and Citrus Jicama Salad Ten Minute Flounder with Lemon Basil Butter and Almonds and Gorgonzola Beef with Spinach Pears and Walnuts Enjoy the sublime Camembert Quesadilla with Melon Salsa or the Dark Chocolate Ricotta Dream with Strawberries The recipes in this book will please every palate from meat lovers to vegans and can be made by both beginner and veteran home cooks The healthiest meals are only minutes away Praise for *The 150 Healthiest 15 Minute Recipes On Earth* Dr Bowden teaches you how pleasure and health can naturally go hand in hand even with today s frantic pace of life Fantastic Jacob Teitelbaum M D author of the best selling *From Fatigued to Fantastic* and *Beat Sugar Addiction Now* and author of the popular free iPhone app *Cures A Z* *The 150 Healthiest 15 Minute Recipes On Earth* had me salivating from the start with the scrumptious recipe descriptions beautiful pictures and culinary commentary A gem of a book and a collector s piece for all of Dr Jonny s fans Ann Louise Gittleman Ph D C N S Times bestselling author of *The Fat Flush Plan* and *Zapped* Board certified nutritionist Bowden and nutrition educator and personal whole foods chef Bessinger coauthors *The Healthiest Meals on Earth* have chosen recipes based on nutrient density greatest nutrition for the dollar glycemic load low in sugar or processed carbs and fiber Busy families will appreciate such recipes as Speedy and Spicy Curried Apricot Chicken Salad Fortified Fish Soup with Sweet Onion and Healthy Jalape o Cornbread Chili Nutritional information for each recipe lists calories fat protein and fiber Recommended for health conscious cooks short on time Library Journal

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advances in areas such as genomics and food safety to bring users up to date on microorganisms in foods Topics such as DNA sequencing and E coli are particularly well covered With lists of further reading to help users explore topics in depth this resource will enrich scientists at every level in academia and industry providing fundamental information as well as explaining state of the art scientific discoveries This book is designed to allow disparate approaches from farmers to processors to food handlers and consumers and interests to access accurate and objective information about the microbiology of foods Microbiology impacts the safe presentation of food From harvest and storage to determination of shelf life to presentation and consumption This work highlights the risks of microbial contamination and is an invaluable go to guide for anyone working in Food Health and Safety Has a two fold industry appeal 1 those developing new functional food products and 2 to all corporations concerned about the potential hazards of microbes in their food products

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