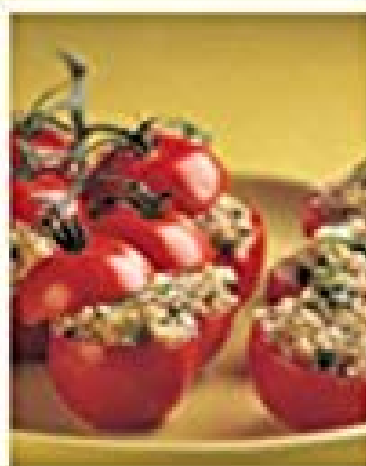


the new american plate

cookbook



Recipes for a Healthy Weight and a Healthy Life

AMERICAN INSTITUTE FOR CANCER RESEARCH

American Institute for Cancer Research

The New American Plate Cookbook: Recipes for a Healthy Weight and a Healthy Life



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Most of us want great-tasting meals, but we also want meals that help us maintain a wholesome weight and live longer, healthier lives. Marrying the art and science of food, THE BRAND NEW American Plate Cookbook is the first cookbook designed to accomplish all three goals. From updated favorites to innovative showstoppers, The New American Plate Cookbook delights the senses?with vivid colors, tempting aromas, and luscious tastes?while helping you reduce your risk of serious health problems like cancer and heart disease. A group of cooks, nutritionists, food writers, scientists, and others who are passionate about meals collaborated to create 200 quality recipes, from appetizers to desserts, that combine sound nourishment with culinary ingenuity. THE BRAND NEW American Plate Cookbook contains:

- *200 recipes, from appetizers, soups, and salads to one-pot meals and entrées to vegetables, egg dishes, breads, pilafs, desserts, and more
- *74 full-color photographs
- *Tips on meal planning and complementary combos of dishes
- *Practical suggestions and helpful information to ingredients and cooking techniques
- *Information on the technology behind the New American Plate approach

Dishes from THE BRAND NEW American Plate Cookbook:

- Bruschetta with Green Pea and Roasted Garlic Spread
- Butternut Squash, Tomato and Watercress Soup
- Mixed Greens with Blueberries and Feta
- Sweet Potato and Pear Stir-Fry with Poultry and Chili Sauce
- New American Beef Stew
- Greek-Style Scallops
- Chicken with Tomatoes, Honey and Cinnamon
- Broccoli with Scallion Dressing and Hazelnuts
- Gingered Carrots with Golden Raisins and Lemon
- Heirloom WHOLE WHEAT GRAINS Bread
- Whole Corn and Green Chile Muffins
- Rice Pudding with Pears and Apples
- Fresh Plum Tart

Whether you intend to achieve a wholesome weight or look for a lifelong method of eating nutritious meals, THE BRAND NEW American Plate Cookbook will fulfill your conscience while it dazzles your palate.



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