



The Very Best Of Recipes for Health: 250 Recipes and More from the Popular Feature on **NYTimes.com**

Martha Rose Shulman

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From the celebrated NYTimes.com food columnist come her favorite ways to use seasonal produce and a well-stocked pantry to create easy, nutritious meals every day of the week

From its inception, "Recipes for Health" has been one of the New York Times's most-read (and e-mailed) features, showing health-conscious readers fast, no-fuss ways to turn seasonal produce, whole grains, and other nutritious ingredients into easy weeknight meals. Now, the most popular have been gathered into one comprehensive, convenient volume.

Shulman shows how to fill your refrigerator, freezer, and cabinets with healthy staples such as beans, grains, extra virgin olive oil, tuna, eggs, yogurt, and tomato sauce, so that you are prepared to cook delicious dishes like Asparagus and Herb Frittata, Quinoa Salad with Lime Ginger Dressing and Shrimp, or Pizza Marinara with Tuna and Capers in minutes. Vegans and vegetarians will discover an entire selection of tofu recipes, from stir-fries to sandwiches, and even a tofu cheesecake. Those who frequent the farmers' market will appreciate her extensive collection of dishes for virtually every vegetable under the sun.

Full of lists, explanations, and tips, The Very Best of Recipes for Health will help you cook and eat better all year long.

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