



Healthy Cooking for the Jewish Home

Faye Levy

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Thanks to the ever-increasing number of kosher products available to home cooks, it's never been easier or more satisfying to prepare delicious, wholesome, and healthful kosher meals. In this new collection of exciting recipes, acclaimed journalist, cooking teacher, and cookbook author Faye Levy presents a progressive, upbeat approach to nutritious kosher cuisine that highlights the pleasure of preparing and eating mouthwatering dishes that promote well-being.

Kosher foods are being used in more and more American homes, and their abundance and diversity is increasing at an impressive rate. From the traditional to the exotic, from extra-virgin olive oil to tasty cheeses, from spicy condiments to Asian-style sauces, from Latin flavors to Indian, Levy introduces both novice and seasoned cooks to a grand array of international ingredients. By showcasing them in such dishes as Poached Turkey with Mushrooms, Wheat Berries, and Dill; Diced Vegetable Salad with Pepitas and Papaya; Marseilles-Style Fish with Saffron and Fennel; and Turkish Autumn Vegetable Casserole with Chicken, she shows how they will add zest to any menu while maintaining solid nutritional value.

With a focus on foods with substantial health benefits, such as nuts, whole grains, fruits, and vegetables, Levy revamps old favorites, turning them into updated wholesome creations, including Springtime Chicken Soup with Asparagus, Fava Beans, and Whole Wheat Matzo Balls; Passover Haroset with Pistachios and Pomegranate Juice; Rosh Hashanah Chicken with Dates and Almonds; and Apple Apricot Whole Wheat Noodle Kugel. She introduces new classics to the festive Jewish kitchen, such as Cucumber, Jicama, and Orange Salad with Black Olives; Buckwheat Blintzes with Goat Cheese and Ratatouille; Spicy White Bean Soup with Kale; Purim Baked Turkey Schnitzel with Sweet-Sour Onion Compote; and Macadamia Orange Cake with Red Berry Sauce. Whether you're cooking for yourself and your family any day of the week or preparing a holiday feast for friends and relatives, *Healthy Cooking for the Jewish Home* is bound to satisfy all your culinary needs.

Variety is not only the spice of life; it's also the spice of nourishing menus. The two hundred healthful, tasty, innovative kosher recipes in this book are sure to add inspiration to your menus and variety to your daily eating, as well as zest to the lives of those who share your table.



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