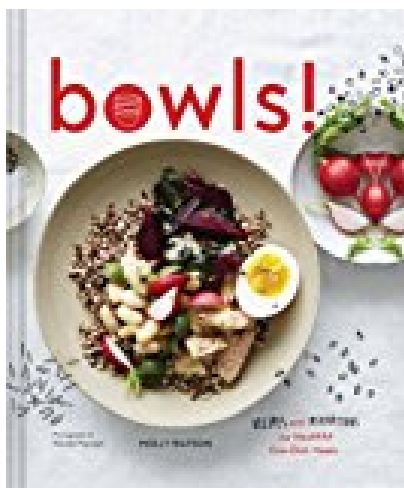


Bowls! Recipes and Inspirations for Healthful One-Dish Meals



BOOK DETAILS

- Author : Molly Watson
- Pages : 160 Pages
- Publisher : Chronicle Books
- Language : English
- ISBN : 1452156190



BOOK SYNOPSIS

Bowls are the new plates, featuring flavorsome combinations of nutritious grains, proteins, vegetables, a sauce, and something crunchy. Its a casual, comforting, satisfying way to eat lunch or dinner, and a delicious way to serve up healthy superfoods and probiotics. What makes Bowls! different is that it offers a comprehensive strategy for tackling this fun new way to eat, including 26 full recipes perfect for bowls plus 90 recipes for mix-and-match components. And it leads with visual inspiration in the form of a photographic matrix of ideas, making this handy volume an ideal go-to for weeknight cooks and healthy eaters.

BOWLS! RECIPES AND INSPIRATIONS FOR HEALTHFUL ONE-DISH MEALS

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