

Deceptively Delicious Simple Secrets To Get Your Kids Eating Good Food Jessica Seinfeld

The Dysphagia Cookbook Comfort Food Fix The Can't Cook Book Healthy Kids, Smart Kids How to Get Your Kids to Beg for Veggies Fabulicious! Preventive Discipline Cooking for Life Mother India at Home Double Delicious! The Ultimate Peanut Butter Book Getting the Pretty Back The Sneaky Chef to the Rescue Mariel's Kitchen Pescan Mini Spicy Padang Cooking Deceptively Delicious Kid Food The Serial Killer Cookbook 100 Recipes Every Woman Should Know The Sneaky Chef Baby-Led Feeding Matty Matheson Family Meals Fifty Shades of Kale The Superfood Alchemy Cookbook The One with All the Recipes The Mediterranean Slow Cooker Cookbook: A Mediterranean Cookbook with 101 Easy Slow Cooker Recipes The Fussy Eaters' Recipe Book A Slimmer You Cookbook Fast Flavours How to Really Love Your Angry Child The Complete Middle East Cookbook Entertaining with the Sopranos Food Swings Magnolia Kitchen The Speedy Sneaky Chef Pasta Grannies: The Official Cookbook Molto Gusto Chef Junior

The Dysphagia Cookbook

In homes around the country, parents are fighting a difficult battle: trying to get their picky eaters to eat healthy foods without ruining family mealtime. We all know that it is critical for kids to develop sound eating habits at a young age to set them up for a lifetime of good health. However, as any time-crunched parent will tell you, it is all too easy to give in to your child's refusal to eat anything but chicken fingers and French fries. Children's food expert Annabel Karmel is here to help with 135 fast, yummy, and nutritious recipes that will tempt even the fussiest eaters. In *The Fussy Eaters' Recipe Book*, Annabel shows how to sneak fruits and vegetables into child-friendly recipes to boost their nutritional content. Her Bolognese pasta sauce is packed with five different kinds of veggies -- and tastes just like the kids' menu favorite. But Annabel also believes that it's important for kids to learn to actually like healthy meals. An expert on the mind-set of fussy eaters, she provides sound strategies that can coax even the pickiest child to try new foods. You'll be amazed that salmon, sweet potatoes, and even spinach can develop into foods that your child will want to eat, and before you know it, mealtime will actually be something the whole family looks forward to. In *The Fussy Eaters' Recipe Book*, you will find: - Healthy versions of junk food classics - Simple, easy-to-prepare food that the whole family will enjoy - Nutritious snacks to entice even the fussiest eaters - Recipes for gluten-intolerant children - Delicious and nutrient-packed desserts

Comfort Food Fix

As the endearing and witty star of the beloved John Hughes "brat pack" classics *Sixteen Candles*, *The Breakfast Club*, and

Pretty in Pink, Molly Ringwald defined teenage angst, love, and heartbreak. Now a wife and mother of three, and a star on the current hit television drama *The Secret Life of the American Teenager*, Molly is facing a new angst-inducing time in her life—her fortieth birthday! Encouraging every woman to become “the sexiest, funniest, smartest, well dressed, and most confident woman that you can be,” Molly shares a lifetime of experience in a vibrant, fun, stylish, and sexy collection of intimate stories and candid advice: *Getting the Pretty Back*, a fully illustrated “girlfriend’s guide” to life.

The Can't Cook Book

Unlock the health benefits of nature's most powerful foods with supercharged vegetarian recipes *The Superfood Alchemy Cookbook* shares a powerful approach to wellness. Chef and health coach Jennifer Iserloh shows how cooking like an alchemist provides a way to integrate healing practices into your everyday routine. Create dishes to: Boost immunity Reduce inflammation Restore and maintain gut health Encourage mental focus and mood balance Support gentle detox These recipes bring together nature's strongest ingredients - superfoods, adaptogens, essential oils, and healing herbs and spices - in delicious combinations that increase their healing properties. (For example, most of us know that cooking tomatoes boosts the fruits' heart-healing lycopene, but did you know that pairing turmeric with black pepper helps the body get the most from its anti-inflammatory compounds?) Each chapter also shares simple home remedies, natural body treatments, and powerful rituals for wellness in body and soul.

Healthy Kids, Smart Kids

Bring your love of true crime into the kitchen with meals ranging from the bizarre (a single unpitted black olive) to the gluttonous (a dozen deep-fried shrimp, a bucket of fried chicken, French fries, and a pound of strawberries), inspired by Ted Bundy, John Wayne Gacy, and other notorious death row inmates. The perfect gift for murderinos and true crime fans, *The Serial Killer Cookbook: Last Meals* pairs serial killer trivia with the recipes of the meals these killers ate during their final hours. With full-color photos, chilling true crime facts, and easy-to-follow steps, you’ll be cooking up killer meals in no time. This collection of recipes is both delicious and surprising, and spans breakfast staples to indulgent desserts, including: Seared Steak, Hash Browns, Toast, and Fried Eggs (given to but not eaten by Ted Bundy, serial killer) Chicken Parmesan and Alfredo Pasta (eaten by Ruth Snyder, murderer) Justice, Equality, and World Peace (eaten by Odell Barnes, murderer) Mac and Cheese (eaten by Gustavo Julian Garcia, murderer) And much more!

How to Get Your Kids to Beg for Veggies

The food of the Middle East is known for its diverse flavors and colors. Now you can enjoy all of these titillating meals in the

comfort of your own home! Tess Mallos shows us how to produce delectable meals from the fascinating cultures of the Middle East, with recipes carefully tested and set out in easy to follow steps. Many of the dishes are illustrated, in 80 superb photographs. This book provides a brilliant insight into the regional dishes of Greece, Turkey, Lebanon, Egypt and Syria and an invaluable introduction to some of the lesser known cuisines of other countries in the region: Afghanistan, Armenia, Cyprus, Iran, Iraq, Jordan, Saudi Arabia, Bahrain, Kuwait, Oman, Qatar, the United Arab Emirates, and Yemen. The pages in this Middle Eastern Cookbook guide the reader through the vast scope of Middle Eastern food —recipes and photographs show how to use familiar foods in new and exciting ways, while the introduction to each chapter examines the food, lifestyle and cooking methods of each country, to explain exactly how to use the right ingredients in delicious, authentic dishes. The recipes ensure that the traditional essence of each cuisine is preserved, while the instructions are given in the clearest and most accessible way for the modern cook, with guidance wherever necessary for the use of today's appliances. The basics of Middle Eastern cooking are carefully explained, and the glossary gives regional names and descriptions of a host of food and ingredients. The Complete Middle East Cookbook is a joy to read and use in the kitchen. A bestselling classic, it has been revised and enhanced with contemporary photographs, so that it will continue to delight all who seek to know and enjoy the rich and varied cuisines of the Middle East. Recipes include: Spanakopita (Spinach Pie) Koupepia (Stuffed Grape Vine Leaves) Patlicanli Pilav (Eggplant Pilaf) Samak Mashwi (Barbecued Fish With Dates) Kibbeh (Ground Lamb and Burghul) Nane Lavash (Wholemeal Flat Bread) Baklava (Almond and Cardamom Pastry)

Fabulicious!

It has become common knowledge that childhood obesity rates are increasing every year. But the rates continue to rise. And between busy work schedules and the inconvenient truth that kids simply refuse to eat vegetables and other healthy foods, how can average parents ensure their kids are getting the proper nutrition and avoiding bad eating habits? As a mother of three, Jessica Seinfeld can speak for all parents who struggle to feed their kids right and deal nightly with dinnertime fiascos. As she wages a personal war against sugars, packaged foods, and other nutritional saboteurs, she offers appetizing alternatives for parents who find themselves succumbing to the fastest and easiest (and least healthy) choices available to them. Her modus operandi? Her book is filled with traditional recipes that kids love, except they're stealthily packed with veggies hidden in them so kids don't even know! With the help of a nutritionist and a professional chef, Seinfeld has developed a month's worth of meals for kids of all ages that includes, for example, pureed cauliflower in mac and cheese, and kale in spaghetti and meatballs. She also provides revealing and humorous personal anecdotes, tear-out shopping guides to help parents zoom through the supermarket, and tips on how to deal with the kid that "must have" the latest sugar bomb cereal. But this book also contains much more than recipes and tips. By solving problems on a practical level for parents, Seinfeld addresses the big picture issues that surround childhood obesity and its long-term (and ruinous) effects on the body. With the help of a prominent nutritionist, her book provides parents with an arsenal of information

related to kids' nutrition so parents understand why it's important to throw in a little avocado puree into their quesadillas. She discusses the critical importance of portion size, and the specific elements kids simply must have (as opposed to adults) in order to flourish now and in the future: protein, calcium, vitamins, and Omega 3 and 6 fats. Jessica Seinfeld's book is practical, easy-to-read, and a godsend for any parent that wants their kids to be healthy for a long time to come.

Preventive Discipline

How do you cook nutritious and delicious meals when life is busy and time is short? How can you make fresh, organic food a part of your and your family's way of life—simply and affordably? These are the questions that Mariel Hemingway answers by sharing tried-and-tested recipes, straight from her kitchen to yours. Filled with exciting, beautiful photographs and easy-to-follow instructions, Mariel's Kitchen includes seventy-five sensational recipes that can be mastered by anyone, regardless of cooking experience. Arranged according to the seasons, these recipes show how simple it can be to put locally grown, seasonal produce on your table in place of packaged and processed foods. From sublime summer breakfasts to delectable desserts and heartwarming winter dinners, these tasty dishes, snacks, salad dressings, marinades, and drink recipes put homemade eating back into easy reach. Mariel also shares her secrets that make it possible to eat well all week long, even with a full schedule. She reveals what staples are necessary for any pantry and how to prepare core recipes that become the foundation for multiple dishes. She offers shopping tips for navigating the world of organic and sustainable foods. And as she reveals what makes her kitchen “the heart of her home,” she peppers recipes with stories about her own lifelong love affair with food. Combining Mariel's no-nonsense attitude with wholesome recipes for every occasion, Mariel's Kitchen is a new kind of American cookbook designed to help you—and all those you cook for—eat better, fresher, and more delicious foods, day in and day out.

Cooking for Life

STRESS-FREE HEALTHY FOOD YOU CAN FEEL GOOD ABOUT SERVING The Standard American Diet is sadly becoming the source for an array of chronic childhood illnesses. As children's bodies develop they need a foundation of health that includes the nutrition that they get from eating vegetables. We all want our children to be healthy but many times, our busy lives leave us struggling to put healthy meals on the table in a reasonable amount of time. This book solves the problem of providing quick, healthy meals for picky eaters or anyone struggling with what to serve for dinner. Leann takes the burden off of moms that want to feed their family good nutrition without the hassle of added preparation. By using veggies in the form of baby food, organic vegetable powders and other tricks, Leann sneaks additional nutrients into family favorite recipes in a snap - making picky eaters a thing of the past and bringing harmony to the dinner table. Some of the recipes that you will get in this cookbook include:

- Creamy Pumpkin Oatmeal
- The Best Beet Gingerbread Muffins
- Easy Veggie

Pasta Casserole • Savory Turkey Veggie Meatballs • Secret Ingredient Mac & Cheese Cups • Super Sloppy Joes • Kid's Salsa Enchiladas • Pizza Pocket Sandwiches • Mom's Meatloaf • Better-Than-State-Fair Chili dogs • Family Favorite Lasagna • Goopy Double Cheesy Quesadillas • Secretly Stuffed Peppers • Whole Grain Beet Rice Krispy Treats • Chocolate Superfood Muffins • Sweet Potato Brownies • Paleo Brownie Pancakes • Banana Lime Cream Pie

Mother India at Home

Molto Gusto is a glorious collection of mouth-watering recipes for pizza, pasta, and more from Mario Batali's famed Otto Enoteca Pizzeria in New York City. Chef and restaurateur Batali—a fixture on the Food Network and bestselling author of Italian Grill and Molto Italiano—has been named by Fortune magazine as one of the “100 most recognized personalities in the U.S.” With Molto Gusto, Mario Batali takes food lovers on a spectacular culinary journey—from antipasti to gelati—with nearly 100 scrumptious recipes for “Easy Italian Cooking” and gorgeous full-color photographs.

Double Delicious!

Kale gets sexy in Fifty Shades of Kale by Drew Ramsey, M.D., and Jennifer Iserloh, with 50 recipes that are mouth-wateringly delicious and do a body good. Release yourself from the bondage of guilt and start cooking meals with the ingredients you love: meat, cheese, and yes—even butter. Nutrient-rich kale provides essential vitamins and minerals to keep you healthy, happy, and lean—so you can indulge in your most delicious desires. Whether you're a cooking novice or a real kale submissive, you will undoubtedly succumb to Kale's charms. From Mushroom and Kale Risotto to Kale Kiwi Gazpacho, Fifty Shade of Kale offers simple ways to have your kale and eat it, too, as well as nutritional information, cooking tips, and a tutorial on kale in all her glorious shades. Indulge your culinary passions with Fifty Shades of Kale: 50 Fresh and Satisfying Recipes That Are Bound to Please.

The Ultimate Peanut Butter Book

Once upon a time, there was an easy roast chicken recipe, handed down by a fashion editor at Glamour magazine to her assistant, who was in search of a dish to prepare for dinner with her boyfriend. She made the chicken. Her boyfriend loved it. He had seconds. And shortly thereafter, he proposed. But that's not all: Three more young women at the magazine made the chicken for the men in their lives who then, in short order, popped the question. Glamour published the recipe-dubbing it, naturally, Engagement Chicken-and since then, the magazine's editors have heard from more than 60 women who have gotten engaged after making the dish. Commitment-phobes be warned: This bird means business! Of course, there is more to life than weddings. And there's more to this cookbook than Engagement Chicken. 100 Recipes Every Woman Should

Know also includes 99 of the magazine's other most-loved, best-reviewed dishes, all designed to get you exactly what you want in life, exactly when you want it. From Prove to Mom You're Not Going to Starve Meat Loaf to Impress His Family Chardonnay Cake, these recipes will help you cook with passion and persuasion. And they're all written with your real life and real needs in mind. Because whether you're a novice or an expert, cooking should never be intimidating—and it should always be fun. Don't miss these easy, essential recipes: He Stayed Over Omelet Skinny Jeans Scallops No Guy Required Grilled Steak Let's Make a Baby Pasta Forget the Mistake You Made at Work Margarita Bribe a Kid Brownies Hers and His Cupcakes "Recently I met some beautiful young women from Glamour magazine. They make a roast chicken they call 'Engagement Chicken' because every time one of them makes it for her boyfriend, she gets engaged! How wonderful is that! That's the best reason I ever heard to make a roast chicken." -Ina Garten, Barefoot Contessa cookbooks

Getting the Pretty Back

The New York Times bestselling author returns—this time responding directly to her readers' most pressing concerns. Legions of fans have written to her, asking for more recipes that focus on their specific family challenges. She's heard them loud and clear, and has crafted meals that are targeted to these special needs, including:

- Sneaky Chef Light: Delicious recipes for kids struggling with their weight: with lower calories, lower fat—and all the taste!
- Sneaky Chef for Food Allergies. For the millions of children who suffer from food allergies, here are recipes that are dairy-free, egg-free, and gluten-free.
- Sneaky Chef for More Variety—More make-ahead purees and crafty, kid-friendly recipes the whole family will love.
- Sneaky Chef Celebrates! Even special days can be healthy, as the Sneaky Chef unveils recipes for birthdays, Thanksgiving, Christmas, Chanukah, Valentine's Day, Passover, Easter, and more!

Sneaky Chef to the Rescue shows that any family can “sneak” good food into their diets, making everybody (both kids and adults) both happier and healthier.

The Sneaky Chef to the Rescue

An all-new collection of more than 125 delectable recipes that reflect the way we really eat: sometimes healthy, sometimes indulgent—delicious, either way Food Swings offers a range of simple and satisfying recipes that speak to both sides of your food brain. Here you'll find the perfect go-to dish for when you want to eat light or for when you are in the mood for something more indulgent. The first half of the book, “Virtue,” provides recipes for your controlled side, while the other half, “Vice,” is for when you need to feel the wind in your hair. All of it is meant to be enjoyed equally in this fun something-for-everyone collection. So whether you're a home cook looking for new inspiration, a big eater who is ready to party, or a human who might be occupied with watching your waist, you will find what you are looking for in Food Swings. Those who are eating gluten-free, dairy-free, meat-free, or almost-vegan, you have come to the right place! VIRTUE Quinoa Bowl with Almond Butter, Strawberries, and Hemp Seeds Ginger Salmon with Sesame Cucumbers Whole Roasted Cauliflower,

Tomatoes, and Garlic Roasted Plums with Honey and Pistachios VICE Cinnamon Buns Buttermilk Panfried Chicken Lasagna Bolognese Chocolate Fudge Cake In addition to the dozens of inspired dishes offered here, you'll also find personal essays, tips, and tricks for best results, and a gorgeous color photo for nearly every recipe. So no matter what you're in the mood for, you'll find the perfect recipe for it in *Food Swings*. Praise for *Food Swings* "It's a lot easier to make healthy choices when the meals are both good for you and crazy good at the same time. Jessica Seinfeld's new book, *Food Swings*, has that nailed, packed as it is with simple recipes that are kind to your body, crowd-pleasingly delicious (quit the side-eye, picky fourth grader), even gluten-free. Dinner victory, all around."—Redbook "Seinfeld has assembled 125 recipes that allow readers to eat as healthfully or indulgently as their mood dictates. . . . Readers can have their cake and quinoa, too, with Seinfeld's latest, which strikes an effective balance between two popular eating styles."—Library Journal "Jessica Seinfeld gets it, even down to the one-liners. With three cookbooks under her apron, Seinfeld takes a cue or two from her husband, Jerry, targeting both the devil and the damsel in her 125 recipes. She's eminently practical, very straightforward, and keeps her dishes in line with our modern proclivities: quick, healthy with an occasional sinfulness, convenient for the beginner as well as for the experienced home chef."—Booklist "In a friendly voice Seinfeld encourages readers to take her approach to what she calls 'food swings' and eat without guilt. Or, she concedes, to eat with less guilt. . . . However you divide up the recipes, this is a great day-to-day cookbook with tasty-looking recipes that are approachable and simple to prepare."—Publishers Weekly

Marriel's Kitchen

From the #1 New York Times bestselling author of *Deceptively Delicious*, an essential collection of more than 100 simple recipes that will transform even the most kitchen-phobic "Can't Cooks" into "Can Cooks." Are you smart enough to dodge a telemarketer yet clueless as to how to chop a clove of garlic? Are you clever enough to forward an e-mail but don't know the difference between broiling and baking? Ingenious enough to operate a blow-dryer but not sure how to use your blender? If you are basically competent, then Jessica Seinfeld's *The Can't Cook Book* is for you. If you find cooking scary or stressful or just boring, Jessica has a calm, confidencebuilding approach to cooking, even for those who've never followed a recipe or used an oven. Jessica shows you how to prepare deliciously simple food—from Caesar salad, rice pilaf, and roasted asparagus to lemon salmon, roast chicken, and flourless fudge cake. At the beginning of each dish, she explains up front what the challenge will be, and then shows you exactly how to overcome any hurdles in easy-to-follow, step-by-step instructions. Designed to put the nervous cook at ease, *The Can't Cook Book* is perfect for anyone who wants to gain confidence in the kitchen—and, who knows, maybe even master a meal or two.

Pescan

Wondering what to make for dinner that everyone in the family will enjoy? Looking for simple and delicious recipes to make for breakfast, school lunches, and weekday dinners when you are short on time? Want to make mealtime fun and get your family involved in the kitchen? Stress no more: Michael Smith is ready to save your day! Michael is his family's cook and has been creating delicious, healthy meals for them for years. Now he's here to help you make—and enjoy—great-tasting dishes while you satisfy even the pickiest eaters in your family. Try some of Michael's favourites, such as: · Weekend Pancakes · Nacho Burgers · Old World Chicken Cacciatore · Special Shrimp Fried Rice · Tortilla Lasagna · Boston Cream Cupcakes

Mini Spicy Padang Cooking

Actress Abbie Cornish and chef Jacqueline King are best friends who bonded over their love of food and self-care. A few years ago, Abbie, a novice cook, asked Jacqueline, a graduate of the culinary program at the National Gourmet Institute, for cooking lessons. Every Sunday, they would take trips to the local farmers' market, spend all day cooking, and then serve these dishes to their family and friends. Pescan is an extension of this tradition and all the food they explored together. Their way of eating—which they call pescan—is centered on plant-based, dairy-free dishes, but with high-protein seafood and eggs incorporated. The recipes, like Veggie Tempeh Bolognese, Artichoke Hummus with Za'atar, and Miso-Ginger Glazed Black Cod, are highly nutrient dense, incredibly energizing, and very accessible. Pescan is a collection of healthy recipes, but it's also a story of friendship, healing, and developing a more positive relationship with food.

Deceptively Delicious

Kid Food

It has never been so difficult to raise a healthy eater in America. Along with the picky eating and public tantrums that have forever tested the limits of parental patience, today's parents also fend off sophisticated assaults from outside their kitchens: unhealthy food-marketing campaigns aimed at kids; misleading product labels aimed at parents; and a school-food program so starved for cash that it sells name-brand junk food to grade school students. In *Kid Food*, nationally recognized food writer Bettina Elias Siegel (New York Times, The Lunch Tray) explores the cultural delusions and industry deceptions that have made it all but impossible to raise a healthy eater in America. Combining first-person reporting with the hard-won understanding of a food advocate and parent, it presents a startling portrayal of the current food landscape for children - and the role of parents in navigating it. Siegel also lifts the curtain on shadowy food industry front-groups, including clever marketing techniques that intentionally confuse parents about a product's nutritional value. (Did you know

that "made with real fruit" may mean a product is less healthy?) What emerges is the industry's divide-and-conquer strategy, one that stokes kids' desire for junk food while breaking down parents' ability to act as responsible gatekeepers. For anyone who frets over what their child is eating, Kid Food offers both essential reading and a deeper understanding of the factors at play in their child's food environment. Written in the same engaging and relatable voice that has made *The Lunch Tray* a trusted resource for parents for almost a decade, Kid Food offers a well of compassion - and expertise - for those fighting the good fight at home.

The Serial Killer Cookbook

"When you have good ingredients, you don't have to worry about cooking. They do the work for you." - Lucia, 85 Inspired by the hugely popular YouTube channel of the same name, *Pasta Grannies* is a wonderful collection of time-perfected Italian recipes from the people who have spent a lifetime cooking for love, not a living: Italian grandmothers. Featuring easy and accessible recipes from all over Italy, you will be transported into the very heart of the Italian home to learn how to make great-tasting Italian food. Pasta styles range from pici - a type of hand-rolled spaghetti that is simple to make - to lumachelle della duchessa - tiny, ridged, cinnamon-scented tubes that take patience and dexterity. More than just a compendium of dishes, *Pasta Grannies* tells the extraordinary stories of these ordinary women and shows you that with the right know how, truly authentic Italian cooking is simple, beautiful and entirely achievable.

100 Recipes Every Woman Should Know

A specialty cookbook filled with nutritious, great tasting recipes for those whose eating options are limited by chewing and swallowing difficulties. All of the recipes focus on enhancing flavor, presentation, texture, aroma, and color. The *Dysphagia Cookbook* is a specialty cookbook filled with nutritious, great-tasting recipes for those whose eating options are limited by chewing and swallowing difficulties. All of the recipes focus on enhancing flavor, presentation, texture, aroma, and color, for there are many other products that supply nutritious calories or liquids but give little attention to these quality-of-life concerns. Included in *The Dysphagia Cookbook*: A classification of S, G, or P indicates consistency levels of soft, ground, or puréed. Flexible instructions provide suggestions for adapting recipes to accommodate increasing levels of chewing and swallowing difficulties. There are many recipes with an international flavor that do not use difficult-to-find ingredients. Ready-made products that have been tested for thickness, flavor, ease of chewing, and ease of purchase and preparation are listed. A section on must-have kitchen supplies helps cooks deal with the new ways of preparing food for people with swallowing difficulties. The approach is practical rather than clinical. The ritual of eating gives shape and meaning to our lives. Many meals are consumed in a pleasant atmosphere with the company of loved ones and friends in lively conversation. The *Dysphagia Cookbook* is an attempt to restore this joy and dignity to those whose pleasure in this area has

been limited to one degree or another.

The Sneaky Chef

Peanut butter makes everything better. Think about it: Peanut Butter Chocolate Chip Cookies. Cold Peanut Noodles. Peanut Butter Fudge. Still not convinced? Try Peanut Butter Waffles, Pad Thai, or Chocolate Cupcakes with Peanut Butter Centers. In *The Ultimate Peanut Butter Book*, the tenth addition to their *Ultimate* series, Bruce Weinstein and Mark Scarbrough offer up hundreds of recipes and variations for America's favorite spread. From comforting Peanut Butter Sticky Buns to decadent Peanut Butter Cheesecake to outrageous Elvis Spread (peanut butter, bacon, and bananas), *The Ultimate Peanut Butter Book* takes Peanut butter way beyond the same old PB&J.

Baby-Led Feeding

Parents will do almost anything to get their kids to eat healthier, but unfortunately, they've found that begging, pleading, threatening, and bribing don't work. With their patience wearing thin, parents will "give in" for the sake of family peace, and reach for "kiddie" favorites-often nutritionally inferior choices such as fried fish sticks, mac n' cheese, Pop-sicles, and cookies. Missy Chase Lapine, former publisher of *Eating Well* magazine, faced the same challenges with her two young daughters, and she sought a solution. Now in *The Sneaky Chef*, Lapine presents over 75 recipes that ingeniously disguise the most important superfoods inside kids' favorite meals. With the addition of a few simple make-ahead purees or clever replacements, (some may surprise you!) parents can pack more fiber, vitamins, and antioxidants in their kids' foods. Examples of "Sneaky" recipes include: No Harm Chicken Parm Power Pizza Incognito Burritos Guerilla Grilled Cheese Brainy Brownies Health-by-Chocolate Cookies Quick fixes for Jell-O(R)

Matty Matheson

What if you could skip the tiny jars and pouches of bland baby food in favor of a more natural, flavor-filled, and family-friendly transition to solid foods? Baby-led feeding (also known as baby-led weaning) is just that. Feeding your baby a variety of healthy, wholesome solid foods, rather than relying solely on purees, is thought to promote motor skills and establish lifelong healthy eating habits. Here, author and food editor at *Parents* magazine Jenna Helwig gives an easy-to-follow introduction to this popular new method. With more than 100 ideas and recipes, this bright, photo-driven book includes chapters on the benefits of this approach, when and how to get started, essential safety and nutrition guidelines, frequently asked questions, basic fruit and vegetable prep, more complex finger foods, and family meals. All recipes have been reviewed by a registered dietitian and include nutrition information to ensure a healthy mealtime.

Family Meals

Fans of a certain multi-award-winning HBO® dramatic series and lovers of fine eating everywhere made *The Sopranos Family Cookbook* a runaway #1 bestseller, thanks to its intimate vignettes and delectable Old Country recipes. But that just got the party started. Now comes the ultimate guide to making every event the perfect occasion, served up by the Garden State's most gracious hostess, Carmela Soprano. From graduation parties to holiday gatherings to poolside barbecues, Carmela gives you everything you need to keep your personal crew as happy as a clam in red sauce: over 75 delicious new Neapolitan-based recipes as well as scores of Soprano-approved tips on picking the ideal location, choosing tasteful decorations, whipping up the best drinks, and selecting the right music. Sweetening the festa are dozens of never-seen illustrations and insightful commentaries from Soprano relatives and intimates. You'll find "AJ" Soprano's confirmation invitation, advice on "party anxiety" from therapist Dr. Jennifer Melfi, a term paper by Meadow Soprano on "Why My Grandmother Can't Cook," advice from family friend Paulie Walnuts on throwing a surprise party, and much, much more. Unsure about wine? Follow the advice of Artie Bucco, proprietor of the renowned Nuovo Vesuvio restaurant in Newark, New Jersey: "If you have steak, a `big' meat dish, think of a `big' red wine like a California Burgundy. I guess you could match it with a big white wine, too, but I don't know of any big white wines." Want to surprise with a birthday gift? Model yours after what Carmela plans on giving her husband, waste management executive Tony Soprano, on his fiftieth: a Dean Martin impersonator, an outdoor screening of his favorite film, *The Public Enemy*, starring James Cagney, and a monogrammed putter. (But no ritzy watch. He has a dozen of them.) Planning a wedding? Find inspiration in the vision of Carmela's sister-in-law, Janice Soprano Baccieri: "As guests enter a cathedral of pines, they would pass an ancient wishing well where they could deposit small presents or deep thoughts about life and love. Ideally, I would love for the whole ceremony to be done in the nude, but unfortunately, the time for that kind of pagan openness has long passed." Flustered by funerals? Heed the wise suggestions for his own wake from Tony's Uncle Corrado "Junior" Soprano: "A lot of food, no crap, a lot of homemade Bucassi vino, a nice speech from Bobby Bacala, since he was always the nicest to me of all those bums, and me singing like Caruso on the Victrola." In Carmela's words: "What's closer to a celebration of life than celebrations? Look for them, jump into them, charger plates and all, and have a ball."

Fifty Shades of Kale

The follow-up to the #1 New York Times bestseller *Deceptively Delicious* goes beyond purees and kids' foods to make family mealtime more delicious, more wholesome, and simpler than ever. In her bestselling book *Deceptively Delicious*, Jessica Seinfeld inspired millions of parents to improve their kids' eating habits by giving everyday classics a nutritional boost with hidden vegetable purees. Now in *Double Delicious!*, she's turned her attention to the whole family. Here are more of her easy, imaginative recipes that use the power of purees to make everything healthier, from a hearty Turkey

Meatloaf to an irresistible Tiramisu. Again, she's raised the bar nutritionally and eliminated unnecessary sugar and fat, boosted fiber and nutrients, and cut way back on sodium to bring us more healthful food with fantastic flavor. (She's even developed a Chocolate Peanut Butter Pie that nutritionist Joy Bauer loves!)

The Superfood Alchemy Cookbook

Well known for her artistic cake designs, Bets of Magnolia Kitchen is a force to be reckoned with. From humble beginnings, she now runs a sweet cafe, wholesale distribution business and online shop delivering her retail products worldwide, while maintaining a strong following on Instagram. As well as her amazingly creative custom cakes, Bets is celebrated for her macarons, doughnuts, brioche, gourmet s'mores and many more mouth-watering treats. In her first cookbook she shares her journey and her widely sought-after recipes so that you can enjoy the deliciousness at home. With step-by-step instructions for cake decorating and making macarons, and a full range of allergy-friendly recipes, this is a must-have book for anyone interested in baking and eating.

The One with All the Recipes

Many people want to lose weight, and we're all looking for the easiest way to do so. When it comes to weight-loss programmes, one of the excuses frequently heard by dieticians is 'I don't know how to prepare the right meals'. This book provides a solution to that. In A Slimmer You Cookbook, the author presents over 75 home-style recipes, all yielding just 1000 kJ per portion, to suit a variety of individual preferences, family circumstances and budgets. The recipes demonstrate that, by monitoring your portions, you can cook for a family, eat healthily, and enjoy a variety of foods, all while achieving your goal of losing weight. But eating correctly is not just about following a recipe or meal plan; we need to understand how what we eat affects our health. The introduction includes topics such as BMI and cholesterol levels, how to balance daily food intake with activity levels, the role of carbohydrates, proteins and fats in our diet, making the most of 'free' vegetables, and tips on how to interpret food labels.

The Mediterranean Slow Cooker Cookbook: A Mediterranean Cookbook with 101 Easy Slow Cooker Recipes

Could this BE any more delicious? You're the ultimate fan of Friends. You've seen every episode (multiple times). You get all the inside jokes. You even know how to make that trifle. But with this fun and funny cookbook, you can take your fandom one step further by whipping up incredible entrées inspired by this iconic 1990s sitcom. You know one person who doesn't share food, but you can share yours! This cookbook is packed with delicious recipes that are perfect for you and your own

friends to enjoy together. Whether it's a going away party when you move to Yemen, a Friendsgiving dinner in your unaffordable NYC apartment, or just having some nibbles during a binge viewing party, *The One with All the Recipes* will be there for you with:

- Not-So-Fine Margaritas
- Engagement Ring Lasagna
- "French Aunt" Chocolate Chip Cookies
- Thanksgiving Turkey for One
- Fried Stuff with Cheese
- Perfect Pox Peach Cobbler

If you're a fan of cookbooks such as *Bob's Burgers*, *Game of Scones*, or *the Gilmore Girls Eat Like a Gilmore*, you'll love this ultimate tribute to the greatest sitcom ever written!

The Fussy Eaters' Recipe Book

A Slimmer You Cookbook

New York Times bestselling author Missy Chase Lapine inspired legions of parents to "sneak" good food into their children's meals with *The Sneaky Chef*. Now she extends her concept of "sneakiness" into "speediness": giving her fans 75 all-new healthy recipes that they can prepare in a flash. Missy knows that most parents rely on packaged foods to feed their families, and she'll show how to reap the benefits of convenience foods without sacrificing nutrition, including:

- Quick fixes for jarred tomato sauce, mac-and-cheese, pancake mixes and cereals.
- Clever Shortcuts that will get weeknight cooks out of the kitchen in a hurry.
- Info on navigating options in the supermarket, what to look for when choosing packaged foods, shaving minutes—and calories—from every shopping trip.
- Recipes that are dense in nutrients, while low in calories, fat, sodium, and sugars.
- Fast tips such as "Sneaky Swaps" and "Sneaky Supercharges" that will kick meals up a notch.

Best of all, *The Speedy Sneaky Chef* offers the best thing of all: time! Less time in the kitchen means more family time. Plus there's the peace of mind of knowing that meals are not just convenient, but healthy.

Fast Flavours

If ever there was a time for a breakthrough book on helping the angry child--the time is now! If you are dealing with an angry child, here are the solutions you have been praying for.

How to Really Love Your Angry Child

"Written by young cooks between the ages of 11 and 14, this illustrated cookbook contains 100 easy-to-make recipes for young adults to prepare. They will discover how to shop seasonally and inexpensively, set up a working pantry, and create a cooking plan; what tools and ingredients they need to have on hand; and how to master cooking techniques"--

The Complete Middle East Cookbook

Mother India at Westminster Terrace in Glasgow, has been an institution since 1996 and specialises in dishes such as ginger and green chilli fish pakora, seasoned Scottish haddock with Puy lentils, and Delhi-style Scottish lamb, all cooked fresh to order, reflecting Mother India owner Monir Mohammed's commitment to cooking quality Indian food without pandering to the British taste for inauthentic korma or masala. The strategy has been hugely popular, allowing expansion to five outlets, including tapas, take- aways and a Mother India Cafe in Edinburgh. Mother India is regularly ranked in Herald restaurant critic Ron MacKenna's top 10 Scottish restaurants. The book will incorporate a first person account of Monir's personal culinary journey, with a photo essay of the life of one of the world's great Indian restaurants as an integral cog in the cultural melting pot of a modern British city. Alongside this will be a collection of recipes, some of which are signature Mother India dishes, and others designed specifically for home cooking. Each recipe will draw upon Monir's story: his beginnings as a boy from a British Asian family who started working in restaurants at 14 and his pivotal stay in the Punjab in his late teens where he learned the ancient principles of Indian home cooking from scratch. The book will tell the story of the risks he took to build a personal, authentic style of Indian cooking. There are human stories running through the recipes as well: Hajra Bibi's Salmon was inspired by a dish his mother (Hajra Bibi) used to make them as children.

Entertaining with the Sopranos

As the breakout star of The Real Housewives of New Jersey, Teresa Giudice has quickly become a household name--and a New York Times bestselling author. Her first book, Skinny Italian, showcased the health benefits of Old World Italian cuisine. Now she returns with 60 more flavorful family recipes straight from Salerno--with an emphasis on preparing, serving, and eating meals with the ones you love. Teresa shares her simple, inexpensive, and "fabulicious" dishes, including:

- Secret family recipes: Featuring her Mama's meatballs and her mother-in-law's Ti Amo Tiramisu, the dessert that loves you back.
- Celebration cooking: From one-dish feasts to the perfect potluck take-alongs, including entertaining tips for any occasion.
- Light lunches: Spotlighting lighter fare, smaller portions, and sensational salads (as well as Panini!).
- Kid friendly meals: How to go beyond mac-and-cheese, and get little ones involved in the kitchen. Whether you're packing lunches or fixing a weekend feast, Teresa has just the recipe that will keep your family coming back for more--and living La Bella Vita!

Food Swings

Comfort food made healthy, from the New York Times bestselling author of Whole in One. In Comfort Food Fix, Ellie Krieger presents a healthier take on classic American comfort food—without sacrificing the comfort part. These 150 soul-satisfying recipes include such hearty favorites as meatloaf, lasagna, chicken potpie, crab cakes, and mashed potatoes, but without

all the calories and saturated fat. With simple tricks and tips, Ellie serves up healthy delights like delicious sweet potato casserole with just a third of the calories and amazing buttermilk waffles with just a fraction of the fat. With full nutrition information for every recipe and gorgeous full-color photos that are sure to whet any appetite, Comfort Food Fix is the perfect cookbook for healthy eaters with healthy appetites. · Ellie Krieger is the host of the popular show Healthy Appetite, which airs on the Cooking Channel, and the author of the New York Times bestsellers So Easy and The Food You Crave · The book features 150 delicious comfort food recipes that are lower in calories and fat than you would ever guess based on how great they taste · 50 lavish full-color photographs beautifully illustrate finished dishes When it comes to healthy cooking, Ellie Krieger is the chef you can trust. In Comfort Food Fix, she takes the guilt out of guilty pleasures. “This accessible, health-minded cookbook is a welcome resource in a burger and bacon-obsessed moment... Krieger's simple, time-conscious recipes with easy-to-find ingredients will satisfy sophisticated eaters and down-home palates alike.”—Publishers Weekly

Magnolia Kitchen

Celebrate the flavors of Greece, Italy, and Spain with The Mediterranean Slow Cooker Cookbook With The Mediterranean Slow Cooker Cookbook, you'll enjoy healthy vegetables, fruits, legumes, fish, and whole grains from the most delicious region on earth. Mediterranean food draws much of its flavor from heart-healthy fats such as olive oil and nuts. By using a slow cooker, you can maximize the taste of your Mediterranean dishes and save time in the kitchen. With a bit of advanced preparation, you can come home to a healthy, slow-cooked Mediterranean meal, even on a busy weeknight. The Mediterranean Slow Cooker Cookbook will add delicious variety to your plate with: 101 robust, healthy recipes, including Turkish Stuffed Eggplant, Garlic Tilapia, and Chocolate Hazelnut Bread Pudding Flavor profiles of 5 different regions 14 essential tips for using your slow cooker 76 key ingredients to keep in your kitchen A handy guide to cook time conversions With its simple recipes, Mediterranean Slow Cooker Cookbook can bring savory, romantic flavors to your plate—and extra time to your day.

The Speedy Sneaky Chef

The creator of the Achieving Academic Excellence Through Nutrition program offers parents a practical handbook on how to promote a child's attention and energy levels, reduce disciplinary problems, and enhance health through a nutritional approach, with tips on developing a healthy kitchen, battling peer pressure and junk food, and more. Original.

Pasta Grannies: The Official Cookbook

Fast Flavours is all about making great meals in minimal time. Full of flavour, these fast and simple recipes will get you

cooking every day of the week without spending too much time in the kitchen. Packed with 110 mouth-watering recipes, *Fast Flavours* gets you through a busy week with simple, speedy meals and shows you how to slow it down when you have more time on your hands. Try Chef Michael's quick favourites such as Grilled Cheddar Bacon Sandwiches or Sunrise Smoothies. Surefire hits include Old School Smashburgers, Three Speed BBQ Pork Stew, Pan-Rushed Chicken Breasts with Grainy Mustard Apple Chutney, Stovetop Mac and Cheese, and easy-to-make desserts that everyone will enjoy like Sweet and Spicy Snowballs and Chocolate Doughnut Pudding. In no time, Chef Michael will show you how to cook as easily and as quickly as possible, so you will be turning out fabulous dishes in your own kitchen.

Molto Gusto

Matty Matheson, star of *Viceland's It's Suppertime* and *Dead Set On Life*, reveals his favorite recipes and stories in a cookbook that his devoted fans have been waiting for. Matty Matheson is known as much for his amazing food as his love for life, positive mental attitude, and epic Instagram account. This debut cookbook is about Matty's memories of the foods that have defined who he is. With a drive to share his zest for life, he creates dishes within these pages that reinterpret the flavors of his youth in Canada, as well as the restaurant fare for which he has become so well-known. Interpretations of classics like Seafood Chowder, Scumbo: Dad's Gumbo, and Rappie Pie appear alongside restaurant recipes like Bavette, Pigtail Tacos, and his infamous P&L Burger. This is a very personal cookbook, full of essays and headnotes that share Matty's life—from growing up in Fort Erie, exploring the wonders of Prince Edward Island, struggling and learning as a young chef in Toronto, and, eventually, his rise to popularity as one of the world's most recognizable food personalities. His no-nonsense approach to food makes these recipes practical enough for all, while his creativity will entice seasoned cooks. This book is like cooking alongside Matty, sharing stories that are equal parts heartwarming and inappropriate while helping you cook dishes that are full of love. *Matty Matheson: A Cookbook* is a new collection of recipes from one of today's most beloved chefs.

Chef Junior

With its clear photography and easy to read recipes, *Spicy Padang Cooking* contains everything you need to create over 35 healthy, authentic, and delicious Indonesian dishes. This cookbook contains spicy recipes for meat, poultry, sambal, seafood, vegetables, dressings, and desserts. Recipes include: Pancakes with coconut sauce Chili dressing Beef rendang Spicy grilled chicken Red sambal Fish curry Green chili sambal Beef satay And many more! Also included are unit conversion tables, dual measurements, over 30 detailed photos, and basic Indonesian ingredients for making delicious and spicy Padang favorites. Each recipe includes cook time, prep time, and serving sizes. Enjoy!

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