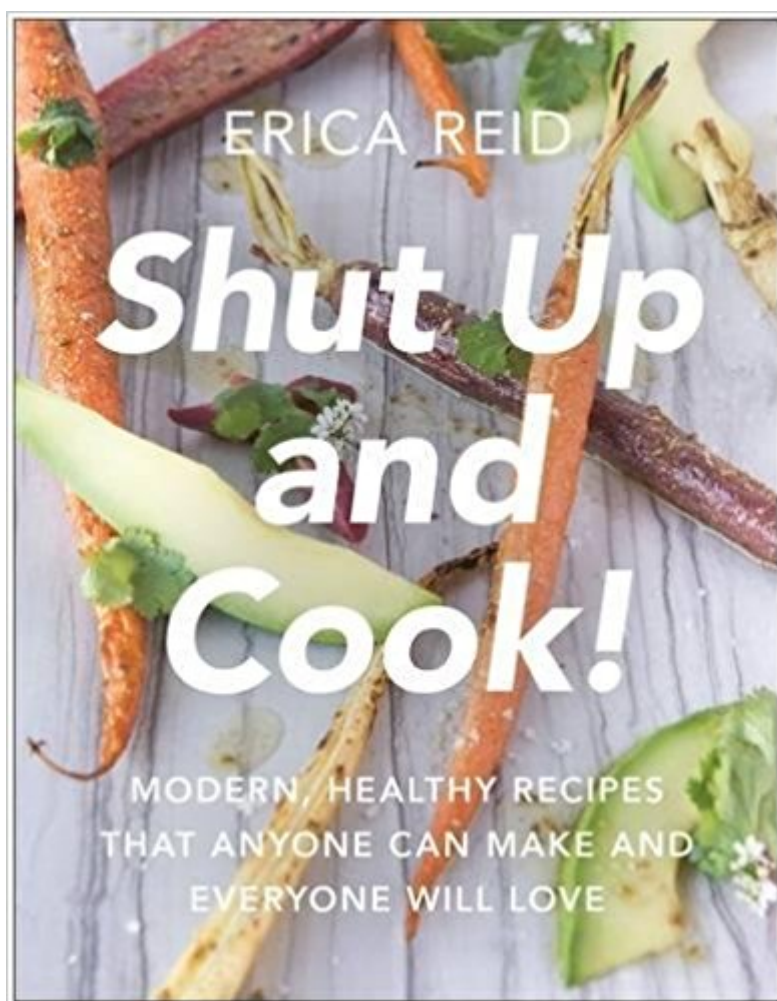


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# Shut Up And Cook!: Modern, Healthy Recipes That Anyone Can Make And Everyone Will Love



## Synopsis

Say Goodbye to Your Excuses and Hello to Easy, Healthy Recipes We all want to eat healthier and feel better, but we don't always know where to start—and stepping into the kitchen can feel overwhelming. Sound familiar? Shut Up and Cook! provides simple, healthy recipes for all lifestyles, dietary habits, and tastes. After noticing how certain chemicals and ingredients were impacting her family's energy and well-being, author Erica Reid realized prioritizing health begins in the kitchen. In Shut Up and Cook!, Erica—a healthy-living expert, mother, and wife to legendary music mogul LA Reid—shows you that creating nourishing meals can be inspiring and fun! Shut Up and Cook! features 101 healthy, everyday recipes with adaptations to suit your health needs that are easy for any level of experience including: Rice-Free Cauliflower Sushi Rolls Chocolate Chip Cookies with Crispy Kale Game-Day Buffalo Chicken Wings Dairy-Free Challah Vanilla French Toast With the right tools and Erica by your side, you can cook wholesome, delicious food. Set aside the reasons why you can't be healthier and shut up and cook!

## Book Information

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## Customer Reviews

Erica Reid has written a wise and wonderful cookbook with recipes that promote heart health and brain health. . . . This book makes healthy eating for the whole family accessible and tasty! Gayatri Devi, MD

Erica Reid is married to music mogul and visionary Antonio Reid, and is the

head of a health conscious lifestyle brand and conscious living movement geared at simple everyday ways to improve and nurture your life for yourself and your loved ones. She is mother to Arianna and Addison, and her commitment to health and dedication to mothering led her to write her first book *The Thriving Child*; a much needed nourishment guide for parents and those with day to day involvement with children. Her versatility and global brand speaks to women of all backgrounds who are inspired towards a sustainable and vibrant life. Erica's roots go back to Colorado, where she was one of three daughters raised by a single mom. She worked three jobs to put herself through college and fed her gypsy spirit by learning how to survive on her own in Atlanta, Paris, California, and Greece before finally settling in New York where she lives with her husband and two children.

Recipes look great, but there is no nutritional information for the recipes. I feel that this information is very important to those of us who watch calories, carbohydrates, sugars, etc.

Great book with great recipe's for those who cook and those who can't. Healthy and delicious easy recipes.

It seems that dozens of cookbook authors have stepped onto the bandwagon to present books that feature recipes that are mostly plant-based, gluten-free, vegan or vegetarian, etc. *Shut Up and Cook!*: Modern, Healthy Recipes That Anyone Can Make and Everyone Will Love is one of these cookbooks, touting recipes that are healthy for everyone, even those with special diets. And while the author, Erica Reid has reasons for the title "Shut Up, Cook!" meaning stop making excuses and start to cook healthy, the phrase is still demeaning (growing up we were not allowed to tell each other to "shut up," so this has a negative connotation for me), and is a definite turn-off to me as far as this cookbook. Even with the negative title, Reid has a cute personality and it shows through in her vignettes and musings between and in the introductions to the recipes. Her philosophy of cooking healthy is good and probably worth adapting for those who have family members with special diets. However, the recipes aren't really designed for mainstream cooks who don't feed people with special needs, and although the recipes are probably appealing to those with special diets, they aren't particularly exciting to those of us who just feed normal people with normal dietary needs. The recipes are well-written and easy to understand. Most call for ingredients that are easy to obtain, and most of the ingredients are healthy and could be a benefit to

everyone. Reid's recipe for Jerk Chicken was very good, although I substituted breasts for the thighs and drumsticks since we don't like dark meat, and we also loved the very easy and refreshing Orange and Fennel Salad. Reid chooses to omit beef and pork from her family's diet, so there are no recipes for these meats in the book. However, there are recipes for turkey, lamb, chicken, and fish (the Ginger Salmon is quite good and it's quick and easy). She also uses turkey bacon. All told, this is a cookbook that will appeal mostly to people who must keep special diets in mind when cooking. The pictures are nice, and some of the recipes will appeal to everyone, but it probably won't be a favorite "go-to" cookbook when deciding on something quick, easy, and appetizing to make for dinner. Special thanks to NetGalley for supplying a review copy of this book.

Whilst I was not particularly keen on the title of this book, the recipes it contained were definitely inspiring. Having the book on my Kindle meant that I could bookmark those that caught my eye and then select what to cook that day. Unfortunately, not every recipe is illustrated, hence the four, rather than five stars, but there are a good number of vegetarian choices and all of the recipes are dairy free, which suits my family. I also liked that ideas for on-the-go snacks are marked with a little plane icon. So far I have tried the Non-dairy Strawberry Ice Cream (even without an ice-cream maker my daughter declared it the best ice cream she had ever tasted!) Also, the Avocado Carrot Salad - though I think I'd reduce the cumin a bit next time, and the Black Bean Burgers. Next on my list to try are Gypsy Girl Guacamole, Avocado Kale Smoothie and The Hollywood Bowl. There's quite an extensive introduction, which I confess I skipped, but it does include a useful list of the less common ingredients. So, at 15% the recipes begin with Breakfast (9 recipes), then Vegetarian (23), Poultry (9), Lamb and Other Meats (3), Fish (4), Dressings and Sauces (6), Soups (6), Pizza (3), Snacks (11), Desserts (14), Drinks (5), a grand total of 93 options, many of which are vegetarian and dairy-free.

The pictures in this book are stunning! I do not eat meat or fish so I cannot attest to those sections of the book, but the breakfast, vegetarian, snacks, and desserts sections had some great looking recipes. Some of them do call for eggs so if you are vegan, you will need to adapt those, but they are dairy-free. I also appreciate that she uses whole grains like spelt, oat, etc. I am looking forward to trying the Chocolate Chip Spelt Muffins, Rice-Free Cauliflower Sushi Rolls, Mother Earth Collard Green Wraps, Nana's Rolls and Chocolate Chip Cookies with Crispy Kale. I personally would not

buy this book since the many meat and fish chapters would never be touched, but it would be a great starter cookbook for someone you know who is looking for a way to make their meals healthier.\*Disclaimer: I received this book from the publisher via NetGalley. However, all opinions are my own.\*

Beautiful pictures, easy to understand recipes- this makes a great cookbook for anyone who is a little scared to start cooking. I love the author's philosophy of cooking..... get over your fear of making mistakes & just have fun in the kitchen.I voluntarily reviewed an Advance Reader Copy of this book.

As a doctor of Traditional Chinese Medicine, I am a huge cook and believe that cooking healthy foods is one of the most important gifts you can give your children and yourself. I LOVE this book's healthy take on traditional American recipes. Often I'll find a healthy recipe that my kids do not like but so far the recipes in this book have been a hit. They loved the spelt flour muffins and we can't wait to make every recipe in this book! A must go to for simple weekday meals!!!

Love the book and its healthy variations on traditional recipes. The recipes are fun and easy to make, and the photographs make you want to run to the store to try the next recipe! A must for anyone!

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