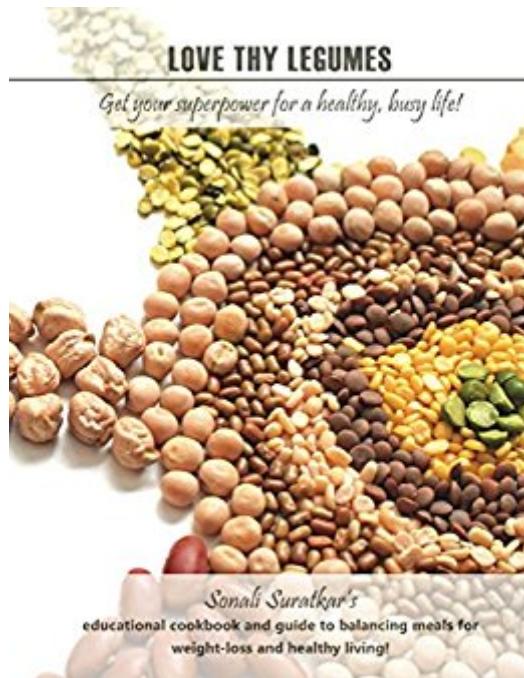


The book was found

Love Thy Legumes



Synopsis

LOVE THY LEGUMES is not just a cookbook, but an educational cookbook that goes beyond recipes to include photos and simple charts to keep readers engaged as they learn the importance of legumes for weight-loss and chronic disease prevention and treatment. The reader will learn how to balance meals and follow good cooking practices that preserve the heart-friendly nutrients. This book offers simplified ways of cooking legumes at home to wean off canned or processed beans. The book promotes the consumption of a variety of legumes for their untapped health benefits that can boost one's efforts to lose weight, or improve blood sugar and blood pressure, relieve constipation, etc. Legumes are great for any pantry and more importantly for the environment as well. They pair well with non-vegetarian foods such as meat, poultry, seafood, etc. that can help people transition to including more plant-based protein in their diet. The recipe repertoire ranges from delicious kebabs and patties to flatbreads and desserts, from protein-packed smoothies and fiberful breakfast recipes to lip-smacking main course stews and salads. Each recipe comes with nutrient profile and food pairing ideas, so that the reader can accommodate it into his/her meal plans and preferences. I hope to empower the reader with ways to apply key nutrition information, good cooking practices, and meal planning on a daily basis to promote long-term health. Grab your copy today to enjoy some nourishing and delicious dishes:

- Black Beans Burger
- Patties
- Cheese and Whole Mung Crepes
- Low-Glycemic, Nutrient-Dense Rotis / Tortillas
- Turkey / Chicken Kebabs
- Restaurant-style Dal Makhani, No Cream
- Rajma Masala
- Zhatpat Misal Pav / Quick Mixed Beans Spicy Curry
- Ragda Patties / Potato Patties with Dried Peas Curry
- Kachori-Inspired Mung Chaat Salad
- Fennel Infused Chicken and Mung Beans Stew
- Quinoa Tofu Pulao
- Tofu in Thai Green Curry
- Brown Rice and Lentils Pulao, Italian Brown Rice and Mushroom Risotto
- French Fusion Lentils Soup
- Turkish Carrot and Pink Lentils Soup
- Peruvian Sprouts Ceviche
- Pan-Fried Pakoras Wrap
- Mocha Tofu Souffle
- Almond Mung Dal Ice Cream

Book Information

File Size: 16227 KB

Publisher: Sonali Suratkar (December 20, 2016)

Publication Date: December 20, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01NCOK953

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #500,027 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #126 in Books > Cookbooks, Food & Wine > Beverages & Wine > Wine & Spirits > Wine Pairing #722 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Low Fat #730 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Appliances

[Download to continue reading...](#)

Love thy Legumes Love Thy Sister (Mina's Adventures Book 1) Power Vegetarian Cooking: Healthy High Protein Recipes with Quinoa, Buckwheat, Beans and Legumes: Health and Fitness Books (Slimming Superfood Cookbook to Help You Lose Weight Without Dieting 1) Power Vegetarian Cooking: Healthy High Protein Recipes with Quinoa, Buckwheat, Beans and Legumes: Health and Fitness Books (Slimming Superfood Cookbook to Help You Lose Weight Without Dieting) The Vegetarian Flavor Bible: The Essential Guide to Culinary Creativity with Vegetables, Fruits, Grains, Legumes, Nuts, Seeds, and More, Based on the Wisdom of Leading American Chefs Super Grains: Seeds, Pulses, Legumes & Nuts 300 Best Rice Cooker Recipes: Also Including Legumes and Whole Grains Beggar Thy Neighbor: A History of Usury and Debt She Shall Crush Thy Head: Selected Writings of St. Maximilian Kolbe Thy Kingdom Come: Tracing God's Kingdom Program and Covenant Promises Throughout History Miserere Mei (Grant Us Thy Great Mercy) - Giovanni Battista Pergolesi - SATB - Sheet Music Thy Kingdom Comics: Curiously Christian drawings and writings about Jesus, tolerance, abortion, atheism, homosexuality, theology, and lots of other stuff Lord To Me Thy Ways Make Known Easy Piano Sheet Music Honor Thy Children: One Family's Journey to Wholeness Aloha: Love, Suite Love/Fixed by Love/Game of Love/It All Adds Up to Love (Inspirational Romance Collection) 222 Love Techniques to Make Any Man Fall in Love With You & Get Your Ex Back. Learn The Rules and Secret Laws of Enchantment: 222 Love Techniques to Get Your Ex Back and Make Him Miss You Knock Knock What I Love About Being Your Mom Fill in the Love Journal (You Fill in the Love) Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion,Love Yourself,Affirmations Book 3) #Love #Coloring Book: #Love is Coloring Book #1 in the Adult Coloring Book Series Celebrating Love and Friendship

(Coloring Books, Coloring Pencils) ... Series of Adult Coloring Books) (Volume 1) All My Love, Detrick: A Historical Novel Of Love And Survival During The Holocaust (All My Love Detrick Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)