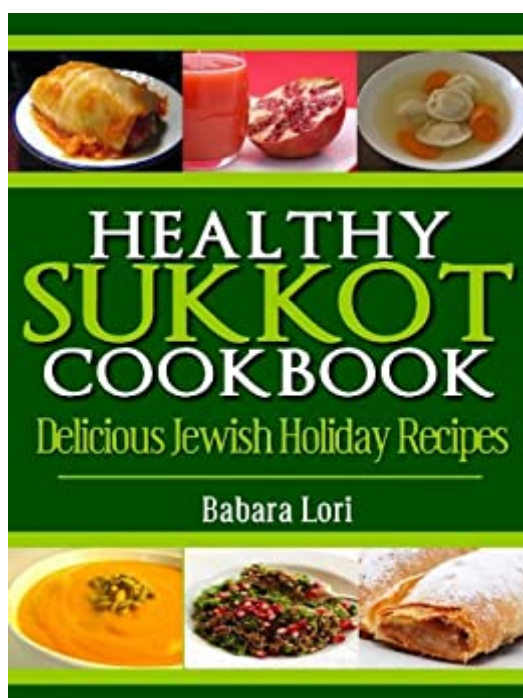


The book was found

Healthy Sukkot Cookbook: Delicious Jewish Holiday Recipes (A Treasury Of Jewish Holiday Dishes Book 2)



Synopsis

Centered around the Jewish celebration of the harvest season, Barbara Lori's sukkot dishes are rich in color, texture and taste. The abundance of fresh fruits and vegetables available this time of year is the inspiration for recipes such as fresh bean, tomato and zucchini salad, roasted pumpkin stuffed with root vegetables, tri-colored fish loaf feast, layered potato-meat kugel, and four kinds of kreplach. Pears and apples appear in soups and side dishes as well as desserts. Nuts are a main ingredient in walnut chicken stew with pomegranate syrup as well as pastille Moroccan chicken, a savory phyllo pie filled with chicken and almonds. For special diets, Lori provides alternatives for butter, oil, sugar and milk.

Book Information

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Customer Reviews

great book

I have had a lot of fun preparing the recipes in this cookbook. These recipes take advantage of seasonal produce and offer moms and dads the opportunity to add fruits and vegetables to family

meals in delicious ways. My son really loved the recipes that utilized pomegranates and he also loved the squash recipes. This is saying a lot, since my son is Autistic and is very picky about what he eats. What I loved the most about this cookbook is that it offered cooks options. This means that you can change up a recipe to include your favorite flavors without changing the quality of the outcome of the dish.

I have a weak spot for good split pea soup. The split pea soup from this book is so flavorful. I make it in large quantities and freeze it so I can reheat it when I don't have time to cook - it tastes just as good, if not better. It's so easy to make and so filling and makes a great meal!

If you are a fan of squash, then the "Perfect Puréed Butternut Squash Soup" certainly won't disappoint. This is the perfect beginning to a perfect meal. Try creating your own little version of perfection.

I hate to cook but a friend told me about this cookbook so I decided to try a few of the recipes. They were easy, healthy and delicious. I especially enjoyed the split pea soup and chicken pot pie.

Butternut squash is one of my favorite foods and I am delighted to find a new recipe, low fat and delicious. I served it to a friend who also loved it.

I really enjoyed this book. I found the recipes very easy to follow and they were delicious! I'm looking forward to other books from this author.

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