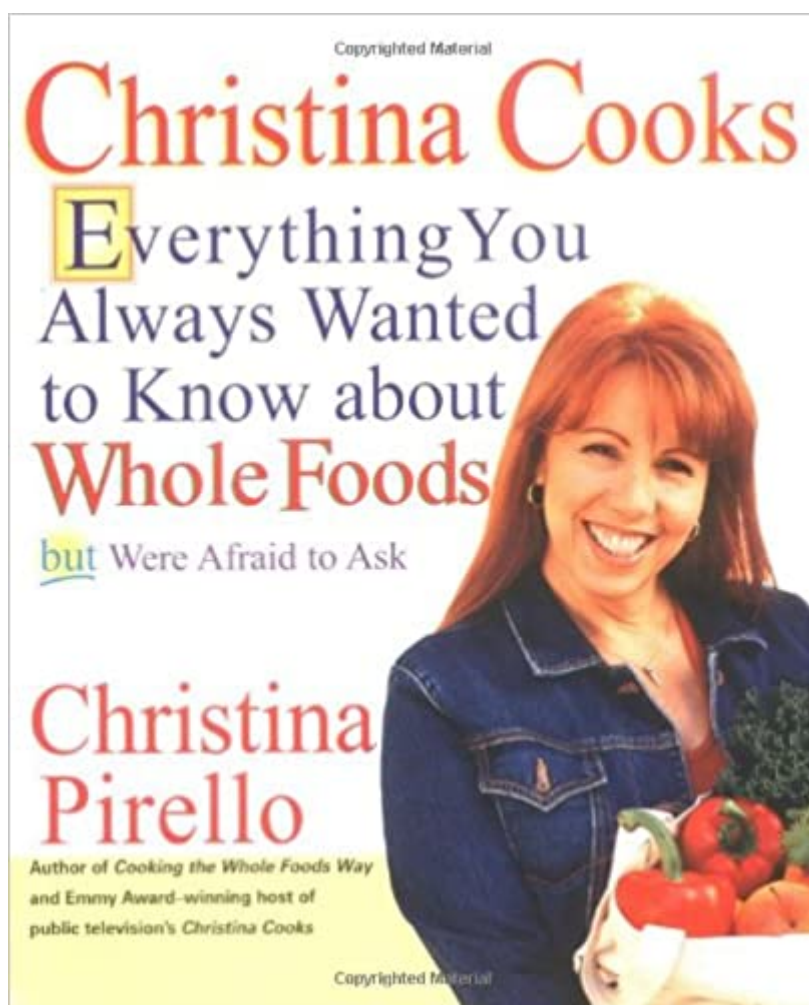


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# Christina Cooks: Everything You Always Wanted To Know About Whole Foods But Were Afraid To Ask



## Synopsis

Public television cooking show host Christina Pirello is the woman who put the fun back into healthy cooking. In *Christina Cooks* she's responded to the hundreds of questions that her viewers and readers have put to her over the years-with lots of sound, sane advice, hints, tips and techniques-plus loads of great recipes for scrumptious, healthy meals with a Mediterranean flair. A whole foods cookbook, *Christina Cooks* offers inventive ideas for breakfast, special occasions, and what to feed the kids. Chapters include Soups, Breakfast, Kids' Favorites, Beans, Grains, Vegetables, Beverages, and Desserts-Christina addresses popular myths about dairy and protein amongst other often misunderstood ideas about healthful eating.

## Book Information

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## Customer Reviews

Pirello (*Cooking the Whole Foods Way*) offers this happy, almost-singsong primer for those who are intrigued by-but still unfamiliar-with-a whole foods diet. An in-depth introductory section, with information on everything from the dangers of dairy to the basics of beans and tips for getting started in an all-around healthy lifestyle, can help readers understand what they're getting into. Recipes are fairly simple, comforting and sensual-Caramelized Shallot and Roasted Pepper Linguine, Sautéed Cucumbers with Peaches and Blood Orange Tart with Caramel Sauce are examples of the tempting entries within. Amusing "Did you Know?" sidebars with quick tidbits about the benefits of whole foods and herbs such as basil are good reminders of why someone might want to eat whole foods, and the recipes in this book make that seem like an enjoyable goal to attain. Copyright ©

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In 1983, Christina Pirello was diagnosed with an acute form of leukemia. With little prospect of help from conventional therapies, she turned to a nutritional program using a whole foods approach. Now, after more than 15 years cancer-free, Christina Pirello is the Emmy award-winning host of Christina Cooks! on National Public Television, teaching whole foods cooking classes and lecturing nationwide. Christina is the author of *Cooking the Whole Foods Way*, *Christina Cooks*, and, most recently, *This Crazy Vegan Life*. She and her husband publish a natural foods magazine, *Macrochef*.

All of Christina's books are great!

This is an excellent resource for everyone who would like to upgrade to healthier cooking without the use of sugar and animal products including dairy. The book provides an intro that explains benefits of whole foods/vegan diet and is full of delicious recipes that would excite even sugar junkies or long-standing carnivores. Some of the ingredients may be unknown to mainstream American audience, but are generally easy to come by given proliferation of health food markets such as Whole Foods or Wild Oats. The book is also a great resource for those interested in macrobiotics. Followers of macrobiotic diet tend to have a rather restricted diet due to lack of imagination or too narrow interpretation of traditional macrobiotic teachings. This book will help them to get out that rut into a more exciting and flavorful realm.

LOVE IT

Christina Pirello is a inspiration to all of us who want to get rid of the diseases in our bodies. She gives us a natural alternative to all of the "quick fixes" out there that don't do any good.

I have been watching Christina Cooks on PBS and love seeing some of those wonderful recipes in print. She goes over some of the different problems with eating the Standard American Diet and what it does to us. Each of the chapters before the recipes has info about what the particular foods do. She has a chapter on whole grains, veggies, fruits and some standout notes on what particular foods nutritionally contain. I love it. I also have all of Christina's books.

This is a great cookbook if you want to cook healthy recipes. They are all vegan. But you can adjust them if you want dairy or meat. A few items may be a little hard to find or needing to go to specialty shops. But most are in your average grocery store.

Love

I've tried about a dozen of Christina's recipes and they've all turned out well. I always ask my husband (picky) to rate a new dish from 1-5 stars and so far he's given 4 or 5 stars to every dish we've tried. The only drawback to the recipes is that many call for a substantial number of ingredients or things I don't regularly have on hand, so I have to plan ahead if I'm preparing one of Christina's dishes.

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