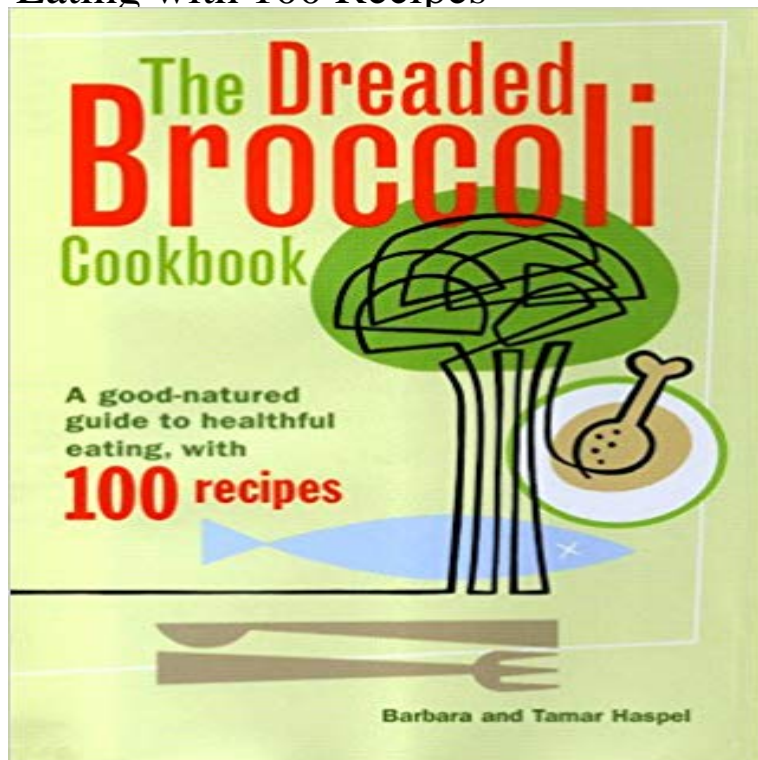


## The Dreaded Broccoli Cookbook : A Good Natured Guide to Healthful Eating with 100 Recipes



Excited by the challenge of replacing the mundane and the familiar with truly exciting food, and faced with the need to make dramatic changes in their eating habits, Barbara and Tamar Haspel -- a mother-and-daughter team of accomplished cooks and discriminating eaters -- took on the world of high-risk, high-fat food and made it over into their own. In this witty and informative look at learning to eat well -- and enjoying it -- the authors show you how the simplest lifestyle changes can help you in your quest to make low-fat meals that taste good. With just a few changes in your outlook and in your kitchen, you can create a momentum in your pantry -- or in the authors case, the linen closet -- that will have you turning out dish after delicious dish of healthful foods. In its no-holds-barred approach to cooking, The Dreaded Broccoli Cookbook will help you overcome your fear of eating well with just these basics: \* Pantry Momentum and the Incatenata -- the two components of the great chain of meals: tips on how to make one meal segue into the next and get the most out of the ingredients you have on hand. \* Recipes and techniques for using some of the Haspels favorite ingredients -- from mushrooms to monkfish, turnips to turkey. \* Commonsense guidance to help you master basics like stock, soups, and sauces -- and even chocolate cake. \* Help and encouragement facing the cooks most dreaded task -- veggie prep! In 1992, concerned citizens began subscribing to a quarterly newsletter called Dreaded Broccoli, begun by Barbara Haspel when her husbands heart attack prompted a radical overhaul of her cooking style. The newsletter -- like this book -- is full of recipes, food strategies, and lots of no-punches-pulled opinion.

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