



The New American Plate Cookbook: Recipes for a Healthy Weight and a Healthy Life

American Institute for Cancer Research

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We all want great-tasting meals, but we also want meals that help us maintain a healthy weight and live longer, healthier lives. Marrying the art and science of food, *The New American Plate Cookbook* is the first cookbook designed to accomplish all three goals. A team of cooks, nutritionists, food writers, scientists, and others who are passionate about food collaborated to create 200 recipes, from appetizers to desserts, that combine sound nutrition with culinary ingenuity. From updated favorites to innovative showstoppers, *The New American Plate Cookbook* delights the senses—with vivid colors, tempting aromas, and luscious flavors—while helping you reduce your risk of serious health problems like cancer and heart disease. Whether you wish to achieve a healthy weight or find a lifelong approach to eating nutritious meals, *The New American Plate Cookbook* will satisfy your conscience while it dazzles your palate.

The New American Plate Cookbook includes:

- *200 recipes, from appetizers, soups, and salads to one-pot dishes and entrées to vegetables, egg dishes, breads, pilafs, desserts, and more

- *74 full-color photographs

- *Tips on meal planning and complementary combinations of dishes

- *Practical suggestions and a guide to ingredients and cooking techniques

- *Information on the science behind the New American Plate approach

Recipes from *The New American Plate Cookbook*:

Bruschetta with Green Pea and Roasted Garlic Spread

Butternut Squash, Tomato and Watercress Soup

Mixed Greens with Blueberries and Feta

Sweet Potato and Pear Stir-Fry with Chicken and Chili Sauce

New American Beef Stew

Greek-Style Scallops

Chicken with Tomatoes, Honey and Cinnamon

Broccoli with Scallion Dressing and Hazelnuts

Gingered Carrots with Golden Raisins and Lemon

Heirloom Whole Wheat Bread

Whole Corn and Green Chile Muffins

Rice Pudding with Pears and Apples

Fresh Plum Tart

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Juan Higgins:

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Raymond Hollander:

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Livia Wilder:

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