



# Kewl Chart On Bean Sprouts

**Camilla Rothe**



## **Kewl Chart On Bean Sprouts:**

*KewlBites* Reed Alexander, 2013-09-03 As a busy teen star Reed Alexander's life is a balancing act. Several years ago as he juggled career commitments and school he lost sight of how to eat right, became overweight and as a result was exhausted and lethargic. Too tired to keep up with his hectic schedule he decided to reclaim his health by changing his diet. A can-do guy his first step was to learn how to cook for himself. Unable to find any recipes suited to a teenager's tastes he rolled up his sleeves and set to work in his kitchen developing healthy versions of the foods he loves. Along the way he became a dedicated cook sharing his culinary discoveries with his fans and friends on his website *KewlBites.com*. Since then Alexander has gained a cultlike following of both teen cooks and their parents. Inspired by the number of lives he has touched Alexander has created 100 slimmed-down, kid-tested, mother-approved alternatives for the foods teens love. In *KewlBites* Reed Alexander improves the health profile of such standard teen fare as sliders, chips, chicken fingers, tacos, and fries, and he aims to expand the dinner menu to include such dishes as a Margherita Frittata, Oriental Chop Slaw, and Kewl and Breezy Shrimp Rolls. Throughout he shares the tips, tricks, and methods he used to strip his favorite dishes of their unhealthy ingredients and replace them with flavorful, nourishing ones. He also offers up advice on how to make a shopping list, navigate the grocery store, and choose the freshest ingredients possible.

**Bean Sprouts** Michigan State University. Agricultural Experiment Station, H.C. Beeskow, 1943      **Bean Sprouts** Katie Green (Illustrator), 2020      **Bean Sprouts (Motion Picture Loop)**. , 1967 Shows the first two weeks of growth of a group of bean plants in soil. Illustrates variation in germination time and growth rate.

**The Beansprout Book** Gay Courter, 1973      [Bean Sprouts as Sources of Vitamin C](#) Lily Lee, 1936      [Bean Sprouts -- Phaseolus Aureus R. and Glycine Max L. Merr](#), 1994      **Dr. Bean's Chart for Reckoning Time.** George H. BEAN, 1902

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