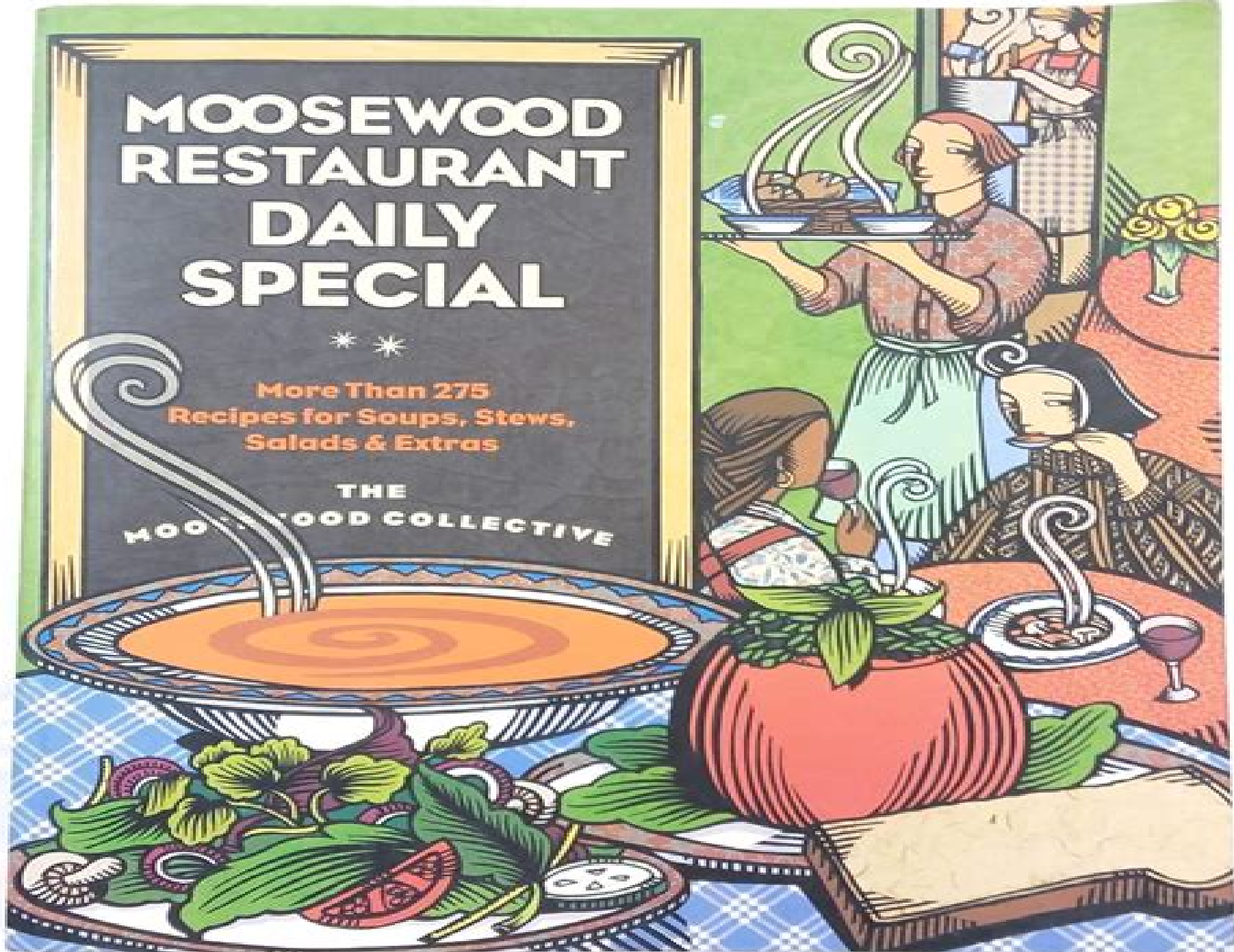


MOOSEWOOD RESTAURANT DAILY SPECIAL

More Than 275
Recipes for Soups, Stews,
Salads & Extras

THE
MOOSEWOOD COLLECTIVE



Moosewood Pumpkin Soup Recipe

Moosewood Collective



Moosewood Pumpkin Soup Recipe:

Moosewood Restaurant Cooks at Home Moosewood Collective, 2013-10-29 Winner of the 1995 James Beard Award for Best Vegetarian Cookbook Although many people think that cooking without meat means spending more time in the kitchen the cooks at the world renowned Moosewood Restaurant know this isn't so Busy balancing home work and other commitments they've been cooking for family and friends every day of the week for over twenty years Moosewood Restaurant Cooks at Home is the result of that experience over 150 carefully honed and tested recipes calling for the best ingredients accompanied by time saving tips and planning suggestions add up to a delicious whole foods cuisine that is versatile and healthful and can be prepared with a minimum of effort This book contains dishes full of exciting flavors sure to please every taste from savory soups to substantial main dish salads from hearty stews to palate teasing small dishes Sauces salsas and dressings and a collection of almost instant desserts turn the simplest meal into an occasion Chapters on techniques and menu planning lists of recipes for special needs including nondairy and vegan fare and kid pleasing food as well as an in depth guide to stocking the meatless pantry including a list of recommended convenience foods make Moosewood Restaurant Cooks at Home the essential companion to everyday cooking

Moosewood Restaurant Daily Special Moosewood Collective, 2015-08-18 A steaming bowl of soup with fresh bread and a green salad a tempting combo plate of crisp complementary salads these Daily Specials have been staples of Moosewood's ever changing menu board since the restaurant opened its doors more than twenty five years ago Over the years the creative chefs of the Moosewood Collective have introduced literally thousands of new soups and as many salads all devised to showcase the fresh seasonal produce vibrant ethnic flavors and meatless food products that form the core of their cuisine Now for the first time they have gathered the very best offerings from their vast soup and salad repertoire as well as the ingenious extras that transform these simple dishes into world class meals Here are classics like Very Creamy Vegetable Chowder and Tuscan Bean Soup as well as intriguing new creations like Caribbean Sweet Potato Coconut Soup Golden Gazpacho and Fennel Vichyssoise Salads range from straightforward choices that are easy to mix and match such as Spinach with Cilantro Cashew Dressing Mexican Chickpea Salad or Tunisian Carrot Salad to satisfying one dish meals like Broiled Tofu Sugar Snap Peas or Persian Rice Pistachio Salad Each recipe is followed by helpful suggestions for selecting dishes so that creating well balanced combo plates at home is a snap There are easy to use indexes of recipes by categories including children's favorites quickly made low fat low carbohydrate and vegan dishes And each recipe has a complete nutritional breakdown so it's simple to create menus for those with special health or dietary concerns The section on transforming leftovers into sprightly new dishes also makes Moosewood Restaurant Daily Special a practical primer for those who want to make the most of seasonal bounty Few foods are more comforting or satisfying than a good soup and a well made salad and because many can be made ahead and served on demand they are perfectly suited to the way we eat and live today With more than 275 kitchen tested recipes to fit

any occasion Moosewood Restaurant Daily Special offers years worth of inspiration for Daily Specials every cook will be delighted to serve Moosewood Inc and the authors of this book have donated 1 percent of their royalties from Moosewood Restaurant Daily Special to the community food and nutrition programs of the Greater Ithaca Activities Center G I A C in Ithaca New York

The Moosewood Restaurant Cooking for Health Moosewood Collective, 2009-11-03 Motivated by the simple principle that eating more vegetables fruits and whole grains keeps people healthier longer the Moosewood Collective presents this all new collection of more than 200 recipes that make whole foods wholly delicious Moosewood Restaurant s cookbooks have long been an essential resource for creative recipes for home cooks recipes that make mindful eating an unqualified pleasure In this latest book the Collective has carefully crafted recipes that celebrate local and environmentally sustainable food and that reflect the latest thinking on good nutrition From soups to desserts the dishes in this book are distinctive adventurous and globally inspired Including plenty of vegan gluten free and raw food options the book has something to please every taste Polenta with Greens and Eggs or Whole Grain Pancakes will get the day started right appetizers such as Chickpea Cr pes and Pineapple Salsa with Blueberries are festive for a casual gathering and Southwestern Black Bean Burgers are a great choice for a cookout Tofu Leek and Almond Stuffed Portabellas and Quinoa and Collard Leaf Dolmas are elegant choices for a more formal occasion Desserts like Figs Baked with Ch vre and Pistachios Chocolate Bark and Sweet Potato Pie with Pecan Oat Crust are naturally sweet and packed with nutrients Each recipe comes with a detailed nutritional analysis as well as menu and serving suggestions The Collective discusses everything from eating locally to the Glycemic Index and the ideas and information will prove useful to both new vegetarians and those who grew up cooking with the Moosewood Restaurant Eating well feels good *Moosewood Restaurant Cooking for Health* is all about cooking for pleasure and cooking for health You can do both

Moosewood Restaurant Low-Fat Favorites Moosewood Collective, 2015-08-18 This is the low fat book cooks who care about wholesome vegetarian inspired food have been waiting for with more than 280 recipes that are as delicious and trustworthy as those in the Moosewood Collective s previous books With fourteen chapters ranging from savory soups and main course salads to creative side dishes and aromatic Mediterranean and Asian inspired dishes fat will not be missed in mouthwatering recipes like Guacamole with Asparagus Chinese Orzo Vegetable Salad Spring Vegetable Paella Indian Potato Pancakes and Creamy Dairyless Rice Pudding Along with those creative dishes there are also low fat variations on familiar favorites such as Macaroni and Cheese Shephard s Pie and Dark Chocolate Pudding An added bonus the Moosewood Collective has made sure that the ingredients used in the recipes throughout the book are easily found in most well stocked supermarkets Along with nutritional and glossary guides that provide explanations of nutritional terms instructions for how to glean the information you need from nutrition labels a brief overview of vitamins and minerals and guides to ingredients and cooking techniques the Collective also offers tips and ideas for sustaining a low fat lifestyle They bake rather than fry replace high fat ingredients with healthy substitutes no

artificial ingredients allowed and use butter and oil very moderately so that what is lost in fat is gained in bold intense flavors

Moosewood Restaurant Low fat Favorites is sure to set the kitchen standard not only for health conscious cooks but also for those who have come to rely on the Moosewood Collective's easy earthy approach to cooking **Chef**, 2000 *The Joy of Writing a Great Cookbook* Kim Yorio, 2015-05-12 With more than 20 years in publicity under her belt Kim Yorio has worked with the biggest names in the food world including Julia Child Jamie Oliver Ina Garten and Rachael Ray as well as esteemed brands like Calphalon Sur La Table Nudo Italia and Taste 5 Now with this must have guide to success you can get the secrets on how to make your cookbook stick out from the pack from a culinary marketing master Whether you're a restaurateur looking for promotions or a great home chef hoping to share your exceptional recipes with Kim's years of knowledge printed on the page you'll be able to create the bestselling cookbook of your dreams Kim instructs on everything from what cookbook concept is right for you how to select the perfect recipes how to have a captivating voice on paper and of course how to market your book once it's published With *The Joy of Writing a Great Cookbook* Kim Yorio leaves no stone left unturned putting you on the straight path to a bestseller **New Age Journal**, 1985 **The Lazy Gourmet** Robin Donovan, 2011-05-01 *The Lazy Gourmet* is for anyone who dreams of dazzling guests with fabulous home cooked fare but fears that such a feat would require Thomas Keller's talent Martha Stewart's ingenuity Gandhi's patience and Charles Manson's free time The goal of *The Lazy Gourmet* is to conquer the misguided belief that preparing an elegant meal requires spending hours or days in the kitchen With the help of an army of volunteer testers regular people with no culinary training Robin Donovan and Juliana Gallin developed this collection of recipes that can be prepared using readily available ingredients and common kitchen appliances and without any previous cooking experience or training With our recipes anyone can prepare delicious and sophisticated yet surprisingly simple dishes that will impress fussy in laws placate implacable bosses and seduce sexy strangers through the proven method of knocking their socks off at the dinner table As the lazy gourmets themselves like to say Cooking a great meal can be just as easy as cooking a crappy meal So relax Stop fretting over elaborate recipes and cumbersome techniques and start cooking the Lazy Gourmet way *A la Carte* Cecilia Manguerra Brainard, Marily Ysip Orosa, 2007 [Get the Trans Fat Out](#) Suzanne Havala Hobbs, 2010-02-17 Discover the Dangers of Trans Fat and Learn How to Avoid It The media and health professionals are loudly proclaiming the health risks of trans fat because even the smallest amounts in your diet can raise your risk of heart disease and other health conditions But trans fats especially from partially hydrogenated oils are found everywhere From the grocery store shelves to restaurant menus trans fat works its way into the foods we eat and jeopardizes our health *Get the Trans Fat Out* shows you how you can identify and avoid these damaging fats without sacrificing taste or convenience Inside you'll find all the information you need to protect you and your family from trans fat including Key health and nutrition information on the risks of trans fat Tips on grocery shopping for healthy products Delicious recipes with zero trans fat Information on how to stay healthy when eating

at restaurants A complete easy to understand guide to the trans fat content of many common products and menu items from fast food chains For every health conscious consumer Get the Trans Fat Out is the definitive resource to living trans fat free

Vegetarian Times ,1997-12 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both The Survivor's Handbook Neal D. Barnard,Cancer Project,2005 Dr Neal D Barnard discusses foods in eight presentations which can be instrumental in causing or preventing cancer and bringing the body back into balance to fight cancer Picks and Shovels Cory Doctorow,2025-02-18 New York Times bestselling author Cory Doctorow returns to the world of Red Team Blues to bring us the origin story of Martin Hensch and the most powerful new tool for crime ever invented the personal computer The year is 1986 The city is San Francisco Here Martin Hensch will invent the forensic accountant what a bounty hunter is to people he is to money but for now he s an MIT dropout odd jobbing his way around a city still reeling from the invention of a revolutionary new technology that will change everything about crime forever one we now take completely for granted When Marty finds himself hired by Silicon Valley PC startup Fidelity Computing to investigate a group of disgruntled ex employees who ve founded a competitor startup he quickly realizes he s on the wrong side Marty ditches the greasy old guys running Fidelity Computing without a second thought utterly infatuated with the electric atmosphere of Computing Freedom Located in the heart of the Mission this group of brilliant young women found themselves exhausted by the predatory business practices of Fidelity Computing and set out to beat them at their own game making better computers and driving Fidelity Computing out of business But this optimistic startup fueled by young love and California style burritos has no idea the depth of the evil they re seeking to unroot or the risks they run In this company eat company city Martin and his friends will be lucky to escape with their lives At the Publisher s request this title is being sold without Digital Rights Management Software DRM applied

History of Sesame (100 CE to 2022) William Shurtleff; Akiko Aoyagi,2022-02-16 The world s most comprehensive well documented and well illustrated book on this subject With extensive subject and geographic index 28 photographs and illustrations mostly color Free of charge in digital PDF format **Kitchen Classics from the Philharmonic** June LeBell,1992 The 1992 93 season marks the 150th anniversary of the oldest symphony orchestra in the United States and Kitchen Classics from the Philharmonic celebrates this special event with a collection of mouthwatering innovative recipes plus amusing enlightening loving and laughable anecdotes contributed by the composers conductors artists executives and friends who have been associated with the New York Philharmonic in the course of its illustrious history From Alice Tully to Isaac Stern more than 150 friends and family of the Philharmonic have contributed their favorite recipes and reminiscences to this delectable anniversary tribute And June LeBell whose relationship with the orchestra dates back to her own debut

with Leonard Bernstein conducting the Philharmonic and the chorus from the High School of Music and Art supplies not only a trio of delicious picnic recipes but also the witty and original program note introducing each of the contributors and her own imaginative sometimes rambunctious choice of music to accompany each dish Ms LeBell's long lasting and intimate relationships with virtually everyone and everything to do with the Philharmonic as well as her love of good food and her encyclopedic knowledge of recorded music make this a very special volume larded with love and spiced with saucy sophistication Al Hirschfeld's signature illustrations provide the deliciously frothy icing on the cake BOOK JACKET Title Summary field provided by Blackwell North America Inc All Rights Reserved The Publishers Weekly ,1997 **Yoga Journal** ,2004-05 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty *Vegetarian Times* ,1996-10 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh stylish mainstream package that's inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both *Vegetarian Times* ,1997 **U.S. News & World Report** ,1992

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