



# EatingWell Vegetables: The Essential Reference

*The Editors of EatingWell*

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**EatingWell Vegetables: The Essential Reference** The Editors of EatingWell

**The reference book that combines vegetable love with authoritative knowledge; everything a cook needs to know to buy, store, cook, and enjoy vegetables at their peak**

*EatingWell* magazine is well known as a beacon of knowledge and reliability, helping people create a healthy lifestyle in and out of the kitchen—as well as making that lifestyle enjoyable and attainable. *EatingWell Vegetables* guides both vegetable lovers and novices through the world of produce, including must-know basics, shopping notes, growing advice, and cooking tips on 100 common and less common vegetables, from arugula to yucca.

Organized alphabetically by vegetable, the book includes information on seasonality and the health benefits of each vegetable, as well as more than 250 recipes with complete nutrition analysis, all tested by the EatingWell Test Kitchen. Each chapter gives core information on preparation, such as how to roast, steam, or sauté each vegetable perfectly. With 200 beautiful color photos of just-picked vegetables, delicious finished dishes, and step-by-step techniques, the book is a guide to the beauty, versatility, and delightful variety of vegetables.

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