



The Taste for Living World Cookbook: More of Mike Milken's Favorite Recipes for Fighting Cancer and Heart Disease

Beth Ginsberg, Burke/Triolo, Gary Moss, Susan Stuck, Mike Milken

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In The Taste for Living WORLD Cookbook, Mike Milken has once again commissioned chef Beth Ginsberg to transform more than 100 global favorites-- including quiche Lorraine, Spaghetti Bolognese, fajitas and crme brulee, into practically fat-free recipes loaded with cancer-fighting nutrients and soy protein. These low-fat dishes help fight heart disease too.

The ink was barely dry on the first Taste for Living Cookbook (CaP CURE, 1998), when chef/author Beth Ginsberg began perfecting the new recipes for her second collaboration with philanthropist and financier Mike Milken. The Taste for Living WORLD Cookbook: Mike Milken's Favorite Recipes for Fighting Cancer and Heart Disease (CaP CURE, October 1999, distributed by Time-Life) explores the vibrant international flavors that have become so much a part of American cooking today.

Ginsberg, a Culinary Institute of America graduate and natural foods chef, is a master at transforming high-fat classics such as spaghetti Bolognese, quiche Lorraine and egg rolls into soy-rich fare that meets the high standards for healthfulness and flavor that Mike requested when she became his personal and corporate chef.

"Don't give up the dishes and the flavors you love," encourages Ginsberg. "Change the ingredients. Adapt your cooking methods. You dont need lots of fat for food to taste great."

When Mike Milken was diagnosed with advanced prostate cancer in 1993, he quickly swore off the high-fat fare that he had eaten most of his life. He also founded CaP CURE, the Association for the Cure of Cancer of the Prostate. Working with some of the nation's top cancer researchers, he recognized the vital importance of cutting fat and increasing the consumption of soy protein to 40 grams daily--not an easy feat for a man who used to eat a fried-egg-and-bacon sandwich every morning.

L.A. chef/ restaurateur Beth Ginsberg convinced him that she could create healthy versions of his favorite dishes. Through the Taste for Living cookbooks, Mike and Beth share these great recipes with people who love to eat and people who want to lower their risk of cancer and heart disease through a healthy diet.

The more than 100 recipes in The Taste for Living WORLD Cookbook are all easy to follow, and each is accompanied by a complete nutritional analysis. Colorful icons tell the cook how long it takes to prepare a recipe from start to finish. Most are well under one hour.

The all-new Taste for Living WORLD Cookbook is organized into 14 complete menus, each featuring the cuisine of a particular country or region. Youll find some of the best known dishes from the French, Italian and Chinese repertoire. Youll be tempted by the aromatic flavors of the Indian, Caribbean, Mexican and American offerings. Individual menus offer appetizers, main course options and scrumptious (and wonderfully healthful) desserts.

As a bonus, the final section focuses on Mike's love for American junk food. From corn dogs to chocolate cupcakes, doughnuts to deep-dish pizza, you'll find recipes for the foods you thought were forbidden in a healthy diet. Ginsberg has not only taken the fat out of these notorious bad-guys of the American menu, she's enriched their nutrition profiles with soy protein, added fiber, vitamins and crucial micronutrients.

The Taste for Living WORLD Cookbook doesn't rely on exotic, hard-to-find ingredients to produce flavorful international food. Everything you need--from tofu, tempeh and tamari soy sauce to assorted grains, beans and produce--is available at large supermarkets or natural food stores nationwide. A special section at the back, "The Healthy World Pantry" provides additional information about all the ingredients.

More than a collection of recipes, The Taste for Living WORLD Cookbook presents up-to-date nutrition facts in the battle against cancer and heart disease. Sidebars look at different foods currently being studied for their potential roles fighting these chronic diseases. Special contributors David Heber, M.D., Ph.D., Director of the UCLA Center for Human Nutrition and Dean Ornish, M.D., Director of the Preventive Medicine Research Institute in Sausalito, CA, provide the scientific basis for why this diet works.

Scores of luscious full-color photographs from award-winning Burke-Triolo Studios in Los Angeles prove that low-fat, healthy food can and does look absolutely delicious.

CaP CURE, the Association for the Cure of Cancer of the Prostate, located in Santa Monica, California, is a nonprofit public charity that rapidly identifies and funds promising prostate cancer research. CaP CURE scientists have developed revolutionary vaccines, nutritional therapies and other treatments that give hope to prostate cancer patients. CaP CURE-supported researchers are currently conducting more than 70 human clinical trials of various therapies. The organization also works to raise public awareness of the role that diet plays in reducing the risk of cancer and other chronic diseases. All profits from The Taste for Living World Cookbook go to further CaP CURE's research.

From cacciatore to sukiyaki to enchiladas, and from tiramis to banana pudding, The Taste for Living WORLD Cookbook is for anyone who cares about enjoying good flavor and good health.



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Sang Weems:

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