



12 Best Foods Cookbook: Over 200 Recipes Featuring The 12 Healthiest Foods

Dana Jacobi

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From an award-winning food writer and chef-the breakthrough cookbook that identifies 12 micronutrient-rich foods that can help protect you against major disease and shows you how to turn them into mouthwatering dishes.

A diet rich in nutrients, including protein, carbohydrates, fat, fiber, and vitamins, is not enough for our health. For optimum protection against heart disease, cancer, diabetes, and other chronic diseases, we also need an abundance of micronutrients. How to make sure we get enough of these vital micronutrients-and how to prepare them easily and deliciously-is what Dana Jacobi shows us in 12 Best Foods Cookbook.

After identifying the 12 foods containing the most potent micronutrients-broccoli, black beans, tomatoes, salmon, soy, sweet potatoes, oats, onions, blueberries, walnuts, spinach, and chocolate-Jacobi provides over 200 fabulous, remarkably varied recipes starring these ingredients. From appetizers and sandwiches to sides and smoothies, from Salmon and Creamed Corn Chowder to a stir-fry of Asparagus, Red Pepper and Curried Tofu, the recipes in this book prove that a diet rich in all the micronutrients science has shown to be indispensable to our well-being can be a parade of delectable dishes. And, since chocolate is the most powerful antioxidant food, The Ultimate Bittersweet Brownies is one of the sweet treats that will satisfy the yearnings of health-conscious eaters and passionate chocoholics alike.

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