

# Cookbooks For Health

Coffey, Lynette **WHEATLESS COOKING**. Recipes written by the mother of a wheat and gluten allergic child. A must for anyone with the same culinary needs.

Colbin, Annemarie **THE NATURAL GOURMET**. Simple, tasteful recipes. Colbin incorporates Eastern eating philosophy and western eating habits. A very inspired way to look at foods.

Diamond, Marilyn **THE AMERICAN VEGETARIAN COOKBOOK from FIT FOR LIFE**. The fit for life approach to foods is based in the study of Natural Hygiene-that the body is self-cleansing, self-healing and self-maintaining. One of the tenets is proper food combining for optimal digestion. The recipes are dairy-free and there are a lot of vegan substitute recipes and many recipes for kids. The recipes are easy to follow and there are nutritional charts and tables in the back of the book.

**THE NEW FARM VEGETARIAN COOKBOOK**. First published in 1975. The Farm, a vegetarian community, pioneered much of what we know about vegan nutrition and soyfoods. This has been updated for the 90's with lower salt and fat. Includes information as to how to make tofu and soy milk as well as other basic recipes of a vegan kitchen.

Goldbecks, **NIKKI AND DAVID GOLDBECK'S AMERICAN WHOLEFOODS CUISINE** - The joy of cooking for whole foods. Clear concise directions for quick, healthy meals. Includes fish recipes.

Goldbeck, Nikki **THE SUPERMARKET HANDBOOK**. Nutrition information that is easy to understand with recipes at the end of the book. Includes recipes for lunch boxes.

Hills, Hilda **GOOD FOOD, MILK FREE, GRAIN FREE**. Includes dairy substitutes, meat, fish, and recipes for breads, soups and cakes.

Hurd, Rosalie **TEN TALENTS**. A Seventh day Adventist approach to vegetarianism. Includes recipes for baby food, food remedies, charts and tables of nutritional needs, food glossary and many simple whole foods recipes. Good for beginners to vegetarian cooking.

Katzen, Mollie **THE MOOSEWOOD COOKBOOK** and **THE ENCHANTED BROCCOLLI FOREST**. Katzen revised these classics in 1992 to lower the fat and lighten the taste. These have been our favorites for years with the wide array of straight forward, delicious recipes. Includes prep time and variations on the recipes. Soup, salads, breads, main dishes, and desserts.

Katzen, Mollie **STILL LIFE WITH MENU**. Light, fabulous recipes arranged in a menu format. Often inspired by different ethnic kitchens. Chapter in the back discusses ways to optimize time management in the kitchen. Beautiful illustrations.

Lair, Cynthia **FEEDING THE WHOLE FAMILY**. An excellent resource of whole food vegetarian recipes. Adaptations for nutritional needs of babies, kids and pregnant women. Also lunchbox recipes. Budget considerations accounted for as well.

Nishimoto, Miyoko **THE NOW AND ZEN EPICURE**. An elaborate, elegant and somewhat complex collection of vegan recipes.

**STEVEN RAICHLEN'S HIGH FLAVOR, LOWFAT VEGETARIAN COOKBOOK**. Beautiful photographs, nutritional analyses and an award winning cookbook. Most of the recipes are not for everyday cooking but rather for occasions.

Robertson, Laurel **THE NEW LAUREL'S KITCHEN**. Vegetarian times readers voted this book the best for beginners. It was updated for the 90's with lighter and simpler recipes. Also includes nutritional information. Sections on cooking techniques and menu suggestions.

Saltzman, Joanne **AMAZING GRAINS**. Vegetarian recipes with whole grains. A great introduction to the many choices of grains and ideas to bring them into your diet. A good book for people needing to avoid the common grains but not sure how to bring the others in.

Shattuck, Ruth **THE ALLERGY COOKBOOK**. Recipes with no wheat, dairy, corn or eggs. Substitution tips and 300+ recipes.

Tracy, Lisa **THE GRADUAL VEGETARIAN**. Separated into three phases 1) Chicken, fish and dairy 2) Fish and dairy 3) vegan. Addresses strategies, sweeteners and allergies too.

**THE VEGETARIAN TIMES COOKBOOK**. Ideas about what to have in the house, cooking to maintain nutrition and over 400 recipes.

Wasserman, Debra **SIMPLY VEGAN**. Very basic and easy to prepare vegan recipes.

Zukin, Jane **THE DAIRY FREE COOKBOOK**. Recipes, nutritional analysis and a discussion about feeding babies dairy-free.