

COOKBOOKS

Many cookbooks can be easily adapted to healthy eating. Often, it just requires some common sense and simple substitutions. I tend to prefer cookbooks from cuisines that highlight vegetables. This includes flavours of the Mediterranean, including Italy and of course French cooking. Those with a little more adventurous in palate and use of spices may want to explore Asian cuisines such as Thai, Japanese, Korean, Indonesian or Indian food. All of these cuisines have plenty of interesting vegetable recipes.

When adapting recipes from cookbooks, keep in mind the following:

- Look for the interesting vegetable and legume recipes.
- Substitute cooked grains of millet, quinoa, buckwheat instead of rice for added variety.
- For pasta recipes, substitute brown rice pasta or whole grain pastas and avoid the cheese.
- Substitute healthy fats and oils for those listed in the recipe
- Reduce the amount of sweetener in the recipe, and substitute natural sweeteners.
- When a recipe calls for flour to thicken a sauce, use rice flour, kuzu, or arrowroot.
- In baking use wheat-free flours, alum free baking powder and reduce the fat and sugar.

The following are some of my favourite cookbooks:

Moosewood Restaurant Cooks at Home The Moosewood Collective

This cookbook is the best of the Moosewood cookbooks (of which there are many) if you are looking for fast and easy recipes. It includes soups, salads, lentil and bean dishes, tofu and fish recipes, and vegetables.

Vegetarian Cooking for Everyone Deborah Madison

This book is not just for vegetarians. It has lots of great recipes for using vegetables that team up really nicely with or without meat dishes. Deborah has written a number of other cookbooks, many of which are good. She is always creative with her vegetable recipes.

Nourishing Traditions Jennifer Fallon

A full-spectrum nutritional cookbook with a startling message--animal fats and cholesterol are vital factors in the human diet, necessary for reproduction and normal growth, proper function of the brain and nervous system, protection from disease and optimum energy levels. Includes information on how to prepare grains, health benefits of bone broths and enzyme-rich lacto-fermented foods.

World Vegetarian Madhur Jaffrey

If you like interesting flavours, this offers a good selection of vegetarian foods from around the world. There are excellent chapters on dried beans, grains, and vegetables.

Is your Child's Brain Starving Dr. Michael R. Lyon MD and Dr. G. Christine Laurell, PhD

An excellent book that gives ideas for carrying out a modified elimination diet for children. It includes kid-tested recipes. Remember to substitute the appropriate oils.

Guilt Free Indulgence – Mark and Cheri Percival

This cookbook has many recipes suitable for the elimination diet as it is written by a naturopath.

ReFresh – Ruth Tal

For over ten years, the restaurant Fresh by Juice for Life has been bringing vegan meals to the masses in Toronto's downtown core. With the recent release of their third cookbook, ReFresh, you can make these tasty recipes in your own kitchen.

Food to Live By: The EarthBound Farm Organic Cookbook

From the founders of Earthbound Farm, Myra and Drew Goodman, comes Food to Live By, a cookbook that celebrates healthy organic eating.

The Gluten Free Gourmet – Donna Washburn and Heather Butt

The Gluten Free Gourmet is a valuable resource for people living with celiac disease. With its extensive information and variety of recipes, this cookbook offers possibilities that lie beyond wheat, rye, barely and oats for people following gluten-free diets.