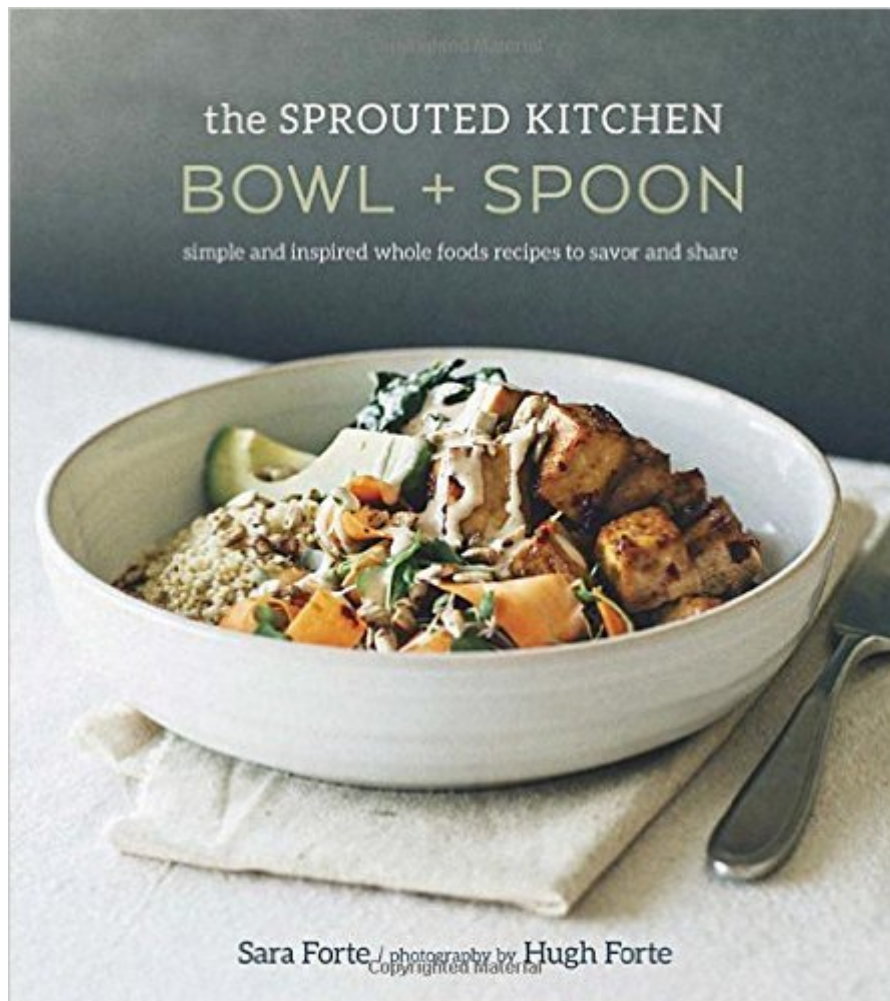


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# The Sprouted Kitchen Bowl And Spoon: Simple And Inspired Whole Foods Recipes To Savor And Share



## Synopsis

In this follow-up to her successful first book, *The Sprouted Kitchen*, blogger and author Sara Forte turns her attention to bowl food, which combines vegetables, whole grains, and lean proteins in one vessel to make a simple, complete, and nutritious meal. *The Bowl* is a perfect vessel in which to create simple, delicious, and healthy meals. When gathered together in a single dish, lean proteins, greens, vegetables, and whole grains nestle against each other in a unique marriage of flavor and texture. This is how Sara Forte, beloved food blogger and author of the James Beard Award-nominated book *The Sprouted Kitchen, cooks every day* "creating sumptuous recipes colorful enough to serve guests, simple enough to eat with a spoon while sitting on the couch, and in amounts plentiful enough to have easy leftovers for lunch the next day. In this visually stunning collection that reflects a new and healthier approach to quick and easy cooking, Sara offers delicious, produce-forward recipes for every meal, such as Golden Quinoa and Butternut Breakfast Bowl; Spring Noodles with Artichokes, Pecorino, and Charred Lemons; Turkey Meatballs in Tomato Sauce; and Cocoa Nib Pavlovas with Mixed Berries.

## Book Information

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## Customer Reviews

What a great book with amazing food recipes! They are simple, inexpensive, and most importantly delicious! I recently made the sweet potato chips for the Firefighters and Paramedics of The Los Angeles Fire Department Station 67 in Playa Vista, CA. The crew raved over them and want me to make them again and again. I found the book to be an easy way for me to get the typical Firefighter

"Meat and Potato" eaters to enjoy tasty, natural, and healthy foods. Making healthy food choices, such as the recipes in Bowl + Spoon, keep firefighters healthy and in good condition to answer the call. The ingredients are easy to find and the preparation is easy when time and big flavor is an issue. Not your typical Firehouse meal, but definitely one to "put into the rotation." Thank you Sara and Hugh Forte for inspiring the firefighters at LAFD Fire Station 67 to eat great food and be overall healthier "Meat and SWEET Potato Eaters." My family and Fellow Firefighters will enjoy the recipes from Bowl + Spoon and Sprouted Kitchen for years to come.-Billy, Kristi, and Finley Collyer.

Strictly bowl food and such an assortment that this book should appeal to everyone. Great ideas, great creativity, so many interesting recipes. So many that I want to make right now they are all fighting for my immediate attention. And I like that! Veggies, grains, beans, fruits, some fish and chicken--all combined to compliment each other. Nothing heavy, and we're not talking stews in this cookbook, either. When first looking through the book, I was immediately drawn to the diversity of the dishes. In the Morning Bowls chapter I found eggs and fruits, greens, grains and veggies. There is savory and there is sweet, there is soft and chewy and crisp and juicy. I found mushrooms, leeks and eggs on one page, goat labneh on another page, Cabbage, Fennel and Apple Slaw with Smoked Salmon Toasts on another page. What that told me? Getting acquainted with this cookbook was going to be interesting, exciting and would definitely get my creative juices flowing. I think the publishers did a great job preparing the Look Inside feature for this book. So good, that it's a better review than I could ever write. If the glimpse of the book from the Look Inside appeals to you, the rest of the book will too. There are loads of fresh, creative salads--both raw and cooked--as you would expect from this author. And her thoughts on Building A Bowl will inspire you to do great things. Page layout seems a bit crowded to me: It was not always easy to glance back to the page and find my place in the recipe. Typestyle and point size for ingredient lists mingled too easily with instructions. Check the Look Inside and you will see examples of the page layout. Instructions are well-written and easy to understand. They follow logically, too. Introductions (in paragraph form) at the top of each recipe are interesting and worth reading (not just filler). Lots of pictures: Of foods, finished dishes, family life, growing things. (Not a picture for each recipe, though.) What I've tried and really liked:--Baked eggs on greens with flavors of Dijon mustard, rich cream and butter, Gruyere.--The author's green harissa is a real keeper.--A scramble of egg whites, zucchini, spinach and scallions, served with black beans, arugula, avocado, chive, salsa and sour cream.--Roasted butternut squash with cinnamon and nutmeg, tossed with sautéed kale,

onion and garlic, quinoa, maple syrup and cayenne plus an herb oil. Wow!--A salad of sliced sugar snap peas, edamame, cabbage, scallions and mint with a miso dressing.--Herby Picnic Potato Salad foregoes the creamy and goes for a zingy oil and vinegar dressing with capers and red pepper flakes.--Like a carrot salad? You will enjoy this one with garbanzo beans, dates, and two onions in a cilantro, lime dressing. Plenty of other spices, pepper flakes pistachios and feta cheese, too.I found this cookbook highly appealing. And I am totally enjoying it!\*I received a temporary download of this cookbook from the publishers.

This cookbook was inspired from Sara Forte's website The Sprouted Kitchen. The photography in this book is exceptional as is the photography on her blog. Her husband Hugh Forte is a very good photographer in my humble opinion. When I ordered this book I expected soups, salads and deconstructed casserole type dishes such as beans, rice and a protein. That's what one eats from a bowl, right?I was surprised to see the number of meals that, in my opinion, would be better suited on a plate. Salmon, roasted carrots and stuffed peppers come to mind. Sure, you can put anything in a bowl and no one said it had to be traditional fare.Pros: The recipes are divided up by category. Morning Bowls, Side Bowls, Big Bowls, Sweet Bowls and Dressings. The beginning or introduction gives good tips on organizing a kitchen and suggestions on what items to stock in your pantry.Very health oriented ingredients although the use of cheese and dairy can be excessive.For my sample dish I choose the Cocoa Banana Cup. Yes, I know I ought to have gone with a dinner bowl but my sweet tooth was intrigued.The Haricot vert salad is one I want to make this week and Chickpea Deli Salad I may make this weekend.Cons: Some of the breakfast bowls or morning bowls as she calls them would take too much time for me on a workday. Also, some of the choices for breakfast do not appeal to my palate. Black beans, arugula and spinach (Popeye Protein Bowl) is indeed a great source of protein and screams healthy ingredients but I couldn't abide it for breakfast. The same goes for salmon and apple fennel slaw. Nope, not for breakfast. 5:30 a.m. is too early for those food items. Again, this is my personal preference.I have so many cookbooks in my collection causing the poor shelves to groan under the weight of them. Because I can't justify taking up more room by adding another shelving unit, I have been very selective about the books I like to keep. The ones I use repeatedly obviously have a permanent home but ones such as Bowl and Spoon won't be staying. It's a pretty book. It has wonderful photography. There are just too few recipes that I will prepare.

Beautiful pictures and inspiring but complicated recipes that you cannot prepare without a major

shopping trip to the big city! Great if you have a garden full of seasonal veggies, but difficult if you need to shop for the ingredients. I cannot buy black or french green lentils, za' atar, or Creme Fraiche in my small town.

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