



The Healthy Kitchen: Recipes for a Better Body, Life, and Spirit

Andrew Weil , Rosie Daley

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Two of America's most popular authorities on healthy eating and cooking join forces in this inspiring, easy-to-use cookbook. This is not a diet book. It is a lively guide to healthy cooking, day-by-day, packed with essential information and, above all, filled with enticing food.

Andrew Weil, M.D.—author of the best-selling **Eating Well for Optimum Health**—brings to this perfect collaboration a comprehensive philosophy of nutrition grounded in science. Rosie Daley—acclaimed for her best-seller, **In the Kitchen with Rosie**—brings to it her innovative and highly flavorful spa cuisine.

The recipes are eclectic, drawing from the healthy and delicious cooking of the Middle East, the Mediterranean, and Asia, among other cuisines. For starters, you might try Grilled Satay or a Miso Pâté; for soup, often a meal in itself, a hearty Mixed-Bean Minestrone Stew or a Roasted Winter Squash and Apple Soup with Cilantro Walnut Pesto; a special entrée could be the Savory Roasted Cornish Hens with Roasted Garlic or Baked Spicy Tofu with Bean Thread Noodles, Corn, and Mango; for a simple supper, Turkey Burgers or Portobello Burgers; and for the occasional indulgence, a dessert of Almond Fruit Tart or Peach and Blueberry Cobbler.

Andy and Rosie do not always agree. When Rosie calls for chicken, Andy offers a tofu alternative; she likes the flavor of coconut milk, whereas he prefers ground nut milk; when she makes a pastry with butter, he suggests using Spectrum Spread. There are no hard-and-fast rules.

Lifelong health begins in the kitchen, so this is a lifestyle book as well as a cookbook. In it you will learn from Dr. Weil:

- how to make use of nutritional information in everyday cooking
- what is organic . . . and how to buy organic foods
- the importance of reading labels and what to look for
- sensible advice about eggs, milk, cheese, salt, spicy foods, wine, coffee
- the facts about sugar and artificial sweeteners

. . . and from Rosie:

- how to get kids involved—from skinning almonds to layering lasagna
- ways to have fun in the kitchen—creating scallion firecrackers and radish rosettes
- low-fat and nondairy alternatives for those with special concerns
- smart menu planning—letting the seasons be your guide

. . . and lots more.

This revolutionary book will change forever the way you cook for yourself and your family.

With 58 photographs in full color.

The Healthy Kitchen: Recipes for a Better Body, Life, and Spirit Details

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Alex says

I have Andrew Weil to thank for my food, health, & nutrition awareness beginnings. Now, fourteen years later, he and I don't always agree on everything, but I sure do love his recipes.

The breadless quiche is one of my go-to recipes in this book. Whenever I make it for guests, its WOW factor is loud and clear. Ridiculously long, multi-stepped processes with an endless amount of ingredients, yes... but so, so worth it. I like the challenge.

It's not necessarily a book for people having little time to spend with food and the cooking process. It's for us foodies who love nothing better than spending the whole day cooking.

Caroline says

Awesome. I can't wait till I have the money to actually make some of these recipes. I love all of the nutrition information and that they have worked out the nutrition facts for each recipe.

Shannan says

I was really disappointed in this book. His nutritional advice is very similar to what Michael Pollan writes about, but his personal taste and opinions seemed to have much more sway than they should. I felt like he was saying "I like this and so should you. Oh, and here's some nutritional information why it's good for you." There is also an attitude that I am getting used to in this type of book that I classify as "middle class people with disposable income" about only buying organic and grass fed animal. I would love to, but our economic situation doesn't allow for that, or fancy health food and gourmet store ingredients. In addition, the recipes were way too complicated and time consuming for a busy household. The vegetable lasagna had almost 40 ingredients and would take almost 3 hours to make. I didn't copy a single recipe down from the (library) book, which is unusual for me and a cookbook. I want someone to tell me how to make easy, simple meals on a budget and this definitely wasn't it.

Theresa Stevens says

As you can see my bookshelf has a lot of cookbooks. This book 'Healthy Kitchen' got me hooked when I saw these people on The Ophra (Winfry) Show and they were advocating their newly published book. It certainly is a reference book that covers everything and how to cook and eat healthily without breaking the bank! Good information!

Joann says

This was an interesting nutrition and cookbook. Lots of interesting information. I really enjoyed it.

Lori says

I was excited at the prospect of this cookbook because I really admire Dr. Weil, his philosophies and his books. Unfortunately the book was a disappointment in many ways.

Many of the recipes are complicated and time consuming. I am the mother of four children and don't have the time that's necessary for many of these recipes. Some examples include; Baked Wontons, Vegetable Nori Rolls, Vegetable Lasagna and Savory Lobster-Mushroom Crepe. These were all multi-stepped recipes.

You've probably guessed something else at this point, many of the recipes are not little child/family friendly. The thought of Lobster-Mushroom Crepes is enough to send my five, eight and eleven year old to get the cereal. My sixteen year old may appreciate it.

The biggest disappointment to me was that some of the recipes didn't taste good. I made Apple Cake Squares and they were so dry not even a dog would eat them. I made the Eggplant Rollatini with Spinach and Cheese Filling and although the eggplant part was great the Tomatoe Mushroom Sauce it called for was only passable.

What I did enjoy was the health tips interspersed throughout the book and the narratives by Dr. Weil and Rosie Daley. I would say again, that this book is not for people who are feeding young children or who are pressed for time at the dinner hour. The recipes are inventive, original, healthy and different but for me it wasn't the best choice.

Bill DeGenaro says

I got this as a graduation present when I finished grad school (at Arizona, where Weil has a close relationship with the med school) and instantly fell in love. Fabulous recipes and thoughtful arguments for eating more nuts, olive oil, avocado, and flax. There's a great recipe in here for broccoli prepared with dijon mustard and mashed avocado that's out of this world. Really good salad ideas too.

Virginia says

Some recipes in this book are great - we LOVE the turkey recipe. It's not going to dry out the meat, and everyone will ask what you did to make it so tasty. HOWEVER, for the most part the recipes in this are too labor intensive daily use, or they have odd ingredients. Better Black Bean Soups can be found just about anywhere, the Cold Pasta Primavera was only moderately ok, and etc. Healthwise it has good concepts to preach but many recipes use too much Olive oil and other moderately healthy ingredients. Overall I am going to write out the turkey recipe so I have it in my box - and then give the book away.

Amberjean says

I stopped reading after they declared that couscous was a grain (it's a pasta, made from fine semolina rolled into tiny balls). For heaven's sakes. These people are giving nutritional advice?

Lee says

I read this book shortly before starting a three-week challenge to eat more healthily. (Okay, diet...I just so dislike the negative connotations associated with that word.)

I found the book helpful in understanding more of the nutritional details of eating - not just the various components of nutrition (i.e. carbohydrates, proteins), but also how to make better choices in how those components are represented in a meal.

The recipes were okay - not many stood out as "must try's" - but it was still a book I'm glad to have read.

Jessica sil says

I'd love to give this book a five star rating but the baked deserts are awful! However, this was a really great book for learning how to substitute spice for fat. There are at least five recipes that I now make regularly. Best to follow exactly the first time and then improvise. These are man-friendly recipes that will leave your spouse full and happy.

Helen says

Haven't tried any recipes yet, so difficult to rate this book. The nutrition info is good, for someone new to ideas of nutrition. The recipes look like they could be tasty. Nothing jumped out at me as something I must try.

Mia says

I haven't made a whole lot of things out of this cookbook. the recipes call for somethings I have never seen in the St. Albans Kroger...but then I do have a ghetto Kroger...don't get me started. But everything looks so yummy! Not only are the pictures beautiful, you learn a little more about living healthy not just eating healthy. And these two just look so cute on the cover.

Adriana says

I purchased this book and immediately sat down to read it. It did not disappoint. Rosie was once Oprah's chef and the recipes are not only delicious but healthy. Dr Weil is also a force in his own right. And between the two they made an excellent cookbook. I believe i read this in 98'. I may be mistaken but I still have the book and still prepare recipes from it.

Barb Bailey says

I found several spice blends to make in this cookbook plus several healthy salad and main course recipes to try. Checked out at local library...worth the time to read as spice blends are easy to make and can be added to many recipes.
