



EASY

Garlic White Bean Basil Hummus



White Bean Basil Hummus Recipe

Kathy Strahs



White Bean Basil Hummus Recipe:

Seriously, So Good Carissa Stanton, 2024-04-16 INSTANT NEW YORK TIMES BESTSELLER Delicious satisfying recipes that are good for your health heart and mind by the beloved blogger and creator of Brocc Your Body Self proclaimed SoCal beach girl Carissa Stanton first earned her nickname Brocc not because of an obsession with broccoli though she thinks it's a damn good veggie but because she hosted weekly girl's nights with her friends who loved to cook eat and move their bodies With Justin Timberlake's Rock Your Body in mind she combined her love of food and created BroccYourBody to start sharing her favorite recipes on Instagram Now Carissa shares with her hundreds of thousands of followers how cooking for yourself after a busy day of work can be just as exciting as relaxing with friends over cocktails and apps Seriously So Good reflects her philosophy of feeling good about what she's cooking and eating by making smart choices without depriving herself of carbs or a splash of cream here and there She wants to remove the anxiety around food by helping us all feel more confident in and out of the kitchen She shares her recipes and balanced outlook to motivate others to experience a stress free cooking approach while enjoying mouth watering meals alone or with loved ones The 100 flavor bomb dishes which are approachable nourishing and always fun include all time favorites such as her viral Greek Style Lemon Chicken Soup a better for you take on fast food with her Fried Chicken Sandwich with Special Sauce and more like Pan Fried Brie with Pistachios and Rosemary Hot Honey Sun Dried Tomato and Feta Turkey Burgers with Jalapeño Tzatziki Brown Butter Lemon Halibut with Asparagus and Olive Oil Whipped Potatoes Chicken Pot Pie Soup with Flaky Biscuits Spicy Rosé Spritz Flourless Espresso Brownies Carissa describes her recipes as healthy but not too healthy because health isn't just about being able to run a marathon or eating clean It's about living your life to the fullest

The "I Love My Instant Pot®" Anti-Inflammatory Diet Recipe Book Maryea Flaherty, 2019-10-01 Officially authorized by Instant Pot 175 anti inflammatory diet recipes to make for the hottest kitchen appliance the Instant Pot for those who want fast delicious meals the whole family will love Chronic inflammation is a major health risk and can wreak havoc on your body contributing to many types of diseases But preventing and or reducing inflammation doesn't have to be an overwhelming challenge Diet particularly one high in processed fatty and sugary foods is one of the main causes of chronic inflammation but by introducing anti inflammatory meals into your diet you can reduce inflammation and enjoy a healthier lifestyle The Instant Pot can be used to create healthy anti inflammatory meals that are quick easy and most importantly delicious With 175 recipes and photographs throughout this cookbook is perfect for those who follow an anti inflammatory diet Whether you are new to the Instant Pot or an expert this easy to understand cookbook takes you step by step through exactly how the Instant Pot works and offers simple recipes that anyone can follow The I Love My Instant Pot Anti Inflammatory Diet Recipe Book shows you how to make satisfying whole food dishes from breakfast to dinner and from snacks to dessert Discover how quick and easy it is to follow the anti inflammatory diet using everyone's favorite cooking appliance This cookbook makes creating healthy recipes in your Instant Pot easier than ever Whole

Foods Diet Cookbook Ivy Larson, Andrew Larson, 2009-06-01 FOR PEOPLE WHO ARE TIRED of counting calories carbs fats and points this book makes nutrition count instead Whole foods are nutrient rich foods These foods offer a complete balance in nutritional value while in their natural unrefined unprocessed state They are high in antioxidants phytochemicals and essential fats and oils and low in saturated fats and sugar Whole Foods Diet Cookbook includes chapters to educate the reader and offers plenty of delicious menus for every occasion It provides a three prong culinary approach to healthy living weight loss disease and illness prevention *The Everything Low-Cholesterol Cookbook* Laura Livesey, 2023-03-28 Is your healthcare professional concerned about your high blood cholesterol levels Are you worried about excess weight Or perhaps you are simply looking for a healthier lifestyle Livesey shares recipes for tasty dishes that focus on a rainbow of vegetables and fruits healthy fats and protein rich foods She explains the role of cholesterol in heart disease and how making lifestyle changes like cutting excessive sugar and salt intake can improve your health You don't have to sacrifice delicious foods to be healthy adapted from back cover **Sneaky Blends** Missy Chase Lapine, 2016-09-27 The author of *The Sneaky Chef* brings us the next trend in healthy eating with easy recipes whipped up with nutrient dense purees to create leaner cleaner meals

The Plant-Forward Solution Charlotte Martin, 2021-11-30 It's easier and more exciting than ever to get more healthful plant foods on your plate we are now transforming walnuts and lentils into taco meat and cashews into queso So why aren't we all doing it Well it's one thing to know that eating more plants is great for you and another thing entirely to commit to it In this book registered dietitian Charlotte Martin explains the science of why eating more plants can help you feel your best and live a long and vibrant life so you understand the benefits of making the change But she knows rebooting your diet is no walk in the park so she also focuses on how to be plant forward with a carefully planned four week reset that's packed with nourishing plant foods Each week of the reset supports a particular aspect of plant centric eating getting comfortable with cooking less meat and more plants expanding your plant protein repertoire prioritizing prebiotic and probiotic rich foods and diversifying your diet The book also includes more than 70 tantalizing recipes such as Plant Powered Chipotle Queso Spring Ni oise Salad Miso Mushroom Barley Stew Glowing Green Soup Autumn Apple Farro Salad Meaty Bolognese Fully Loaded Plantain Nachos Sweet Potato Tahini Brownies Whether you are new to plant forward eating or you are simply looking for new and creative ways to boost your veggie intake this book will help you achieve health and happiness through a plant centric diet that brings just the right amount of meat poultry and seafood to make it easy to sustain Book jacket **The Autoimmune Protocol Reintroduction Cookbook** Kate Jay, 2021-05-25 The Autoimmune Protocol Reintroduction Cookbook guides readers through the four stages of the AIP reintroduction protocol with 100 recipes and food lists **My Daddy Cooks** Nick Coffey, 2011-05-26 An alternative title for this book might have been *My Daddy Cooks* How to cook delicious and easy family meals in the tiniest kitchen even with the chaotic and messy intervention of a toddler Stay at home dad Nick Coffey and his toddler Archie captured hearts and captivated taste buds around the world when they launched their

video blog MyDaddyCooks.com from their tiny kitchen in Watford. In his first book, passionate food lover Nick shares over 100 tried and tested recipes for deliciously simple but innovative home-cooked dishes. Having followed a baby-led weaning approach with both his kids, Nick's recipes are ideal for anyone adopting the same method with their children. From straightforward suppers and one-pot dishes such as Oven-baked Risotto and Mexican Lasagne to sweet treats and indulgent puddings including Peanut Butter and Chocolate Brownies and Frozen Eton Mess Ice Cream, My Daddy Cooks is a book you'll use time and again. Whether you are a dad or a mum looking for inspiration for kids' food or just someone who loves good food, My Daddy Cooks will liven up mealtimes without you having to spend hours in the kitchen.

The Everything Vegetarian Slow Cooker Cookbook Amy Snyder, Justin Snyder, 2012-02-15 Who wouldn't want a scrumptious healthy all-veggie meal that's ready to eat as soon as you walk in the door? The Snyders present vegetarian recipes for any occasion using your slow cooker. Features vegan substitutions for every recipe.

Betty Crocker Right-Size Recipes Betty Crocker, 2019 Makes it effortless and economical to cook a meal just for yourself and maybe one more with a complete assortment of made-to-measure recipes. page 4 of cover

Kate Gosselin's Love Is in the Mix Kate Gosselin, 2013-09-24 Presents a collection of favorite recipes by the reality show mother for easy-to-prepare meals for family gatherings and for entertaining guests.

The Ultimate Panini Press Cookbook Kathy Strahs, 2013-10-29 Incredibly delectable panini variations I couldn't believe how ravenous I was when I finished flipping through the pages. Ree Drummond, 1 New York Times bestselling author of *The Pioneer Woman Cooks*. In over 200 recipes and 100 color photographs, Kathy Strahs shows how to use this versatile kitchen appliance to make not just sandwiches and panini but also dozens of main-course easy-to-prepare meals great for busy home cooks and families. Kathy includes classics like Croque Monsieur and Reuben panini as well as imaginative creations like a Grilled Asparagus and Prosciutto panini and Chipotle Chicken Quesadillas. There are smaller appetizer panini as well and a host of breakfast and brunch sandwiches. Beyond the panini, she creatively uses the panini press to make such things as chicken satay, jerk pork tenderloin and even grilled fish tacos. An inventive chapter on desserts includes an amazing way to make homemade ice cream cones in a panini machine along with after-dinner options such as Grilled Pears with Honey Whipped Greek Yogurt and Toasted Almonds. Home cooks will find inspiration on every page and with clear recipe instructions and ample advice included throughout. *The Ultimate Panini Press Cookbook* is the first and last word on making the most of a home panini press or countertop grill. Covers such basics as appliance features and functions, ingredients, tools and how to use recommendations. Dividing her 205 recipes by protein categories, the author borrows from almost every cuisine to fashion paninis and other grilled foodstuffs that accommodate a wide variety of kids and adults' tastes. Booklist

Eat to Live Diet Meals Sarah Nixon, *EAT TO LIVE DIET MEALS* is all about eating foods that have a very high nutrition to calorie ratio which means you will be satisfied with fewer calories and will be able to shed unwanted stubborn pounds effortlessly. Learn how to make good nutritional choices, stop counting calories, stop bothering about portion control. Just

reduce the amount of saturated fats through EAT TO LIVE DIET MEALS eat NUTRIENT DENSE LOW CALORIE food such as FRESH FRUITS and VEGETABLES for 6 weeks improve your health tremendously This EAT TO LIVE DIET cookbook contains easy to follow fabulous recipes for your home kitchen it helps to quit craving high calorie and high fat foods lead to sustained weight loss This book EAT TO LIVE DIET MEALS helps dieters learn how to make good nutritional choices to stay healthy for lifetime and you will be able to shed unwanted stubborn pounds effortlessly **Mostly Plant-Based** Mia Syn,2022-12-13

With 100 recipes and a 21 Day Meal Plan Registered Dietician Mia Syn helps you say goodbye to extreme dieting for life and unlock the secret to eating for health longevity and weight management In her new book Mostly Plant Based Registered Dietitian Mia Syn helps you effortlessly transition to a plant forward way of eating Mia shows you a realistic and sustainable way to reboot your health lose weight and feel your best without having to exclude all animal based foods Mostly Plant Based features 100 recipes all made with 10 ingredients or less plus a 21 day meal plan to jump start healthy eating All of Mia's recipes are accompanied by full color photos and can be customized to exclude or include meat and dairy according to your preferences Most Plant Based is complete with A guide to stocking a plant forward kitchen Easy to prepare recipes that call for no more than 10 accessible ingredients A dietitian developed 21 day meal plan with shopping lists Useful charts and helpful hints to simplify cooking and help you get more veggies on your plate such as o How to Build an All Day Energy Smoothie o How to Build a Plant Powered Sheet Pan Meal o How to Build a Mostly Plant Based Adult Lunchbox Customizable recipes that offer flavor variations such as o Salad Jars 6 Ways o White Bean Hummus 4 Ways o Overnight Oats and Chia Seed Pudding 6 Ways Recipes inspired by classic comfort foods with a plant forward twist such as o Zucchini Noodle Lasagna o Cauliflower and Parsnip Shepherd's Pie o Chickpea Blondies With an evidence based approach and appealing recipes for everyday meals Mostly Plant Based will help turn the pickiest eaters into veggie lovers *The Mediterranean Diet Cookbook for Two* Anne Danahy,2020-04-14 Set your Mediterranean table for two with perfectly portioned dishes With crisp veggies succulent seafood hearty grains and healthy oils the Mediterranean diet makes nutritious eating a pleasure This cookbook brings its bright flavors and bountiful health benefits to your table with recipes designed for two people Relax and savor a delicious breezy seaside breakfast or a simple rustic dinner all without leaving home Together discover how a Mediterranean lifestyle can reduce the risk of heart disease aid in weight loss and more Change your life with healthy eating by cooking up meals that feature quick prep times and seasonal accessible ingredients like the below CITRUS FENNEL SALAD Bursting with fresh oranges creamy goat cheese and toasted pecans this bright and aromatic salad is like a plateful of sunshine POACHED SALMON WITH MUSTARD HERB SAUCE Poaching rich salmon in a tangy mustard yogurt sauce keeps the fish moist and flaky with an added pop of flavor from dried tarragon GREEK INSPIRED BEEF KEBABS Perfect for grilling on a summer night these colorful beef and vegetable kebabs are marinated in tangy balsamic vinegar and fragrant rosemary CHOCOLATE TURTLE HUMMUS Discover the unexpected magic of chocolate with chickpeas in a sweet twist on a

Mediterranean classic Share the healthy Mediterranean diet with someone special This cookbook for two makes it easy to cook in your kitchen and enjoy delicious healthy food together **Let's get dipping** Ryland Peters & Small,2024-06-11 Dive into this deliciously tempting collection of tantalizing dips from familiar classics to new and enticing creations With such a variety of dips now available to buy it s no wonder that the chip and dip is the go to snack for any occasion Whether you re spreading them on bread or crackers dunking in vegetable crudit s breadsticks or hot chips the vast array of choice in the world of dips is truly outstanding Featuring more than 50 recipes for easy homemade dips these recipes are designed to cater for all tastes Choose from cream cheese and mayo based varieties fresh and zingy salsas or fiery sriracha and sweet chilli options Whether you want sociable and relaxed party food for sharing crave indulgent and comforting TV night grazing snacks or simply prefer a healthy alternative to high fat salty snacks check out this enticing collection and you ll find it here

Anne Lindsay's Smart Cooking Anne Lindsay,2008-08-25 First published in 1986 Anne Lindsay s Smart Cooking began Canada s healthy eating revolution Anne Lindsay s Smart Cooking features Over 200 recipes for appetizers soups salads dinner entr es baking and desserts An analysis for each recipes showing calories fat protein carbohydrate sodium and fiber The latest nutrition information on reducing you risk of cancer through diet Use these time tested recipes and the menu suggestions to find out how easy and tasty healthy eating can be **Jazzy Vegetarian: Lively Vegan Cuisine That's Easy and Delicious** Laura Theodore,2023-02-22 This 10th anniversary edition release coincides with the tenth season public television premiere of the highly successful award winning Jazzy Vegetarian cooking series With over 120 recipes featuring 200 full color photos along with brand new recipes and many updated originals this book is a must have Viewers will be able to make their favorite meals from the new season highlighting healthy and delicious vegan recipes that are easy to prepare You ll find a full range of menu ideas for family meals and holiday celebrations with sumptuous photographs of preparatory steps and the finished dishes Laura s distinctive style infuses each page and every recipe therein This book is the perfect choice for anyone starting a plant based diet or for omnivores on the lookout for exciting new vegan options **The Best of the Best Panini Press Cookbook** Kathy Strahs,2019-03-12 Your panini press will become your most versatile friend in the kitchen with The Ultimate Panini Press Cookbook a compendium of Kathy Strahs s best 100 panini press recipes beautifully illustrated with new color photos Who knew this simple and easy to use kitchen appliance could do so much Kathy Strahs for one did Creator of the multiple award winning food blog Panini Happy the web s go to destination for panini press wisdom Strahs does wonderful things with a panini press from crafting perfect Italian style panini to building scrumptious and creative grilled cheese sandwiches to making things you never thought you could make on a countertop grill or griddle Dig into these recipes to discover your panini press s impressive range including breakfasts lunches snacks and dinners for the weekday whirl and for relaxing times on weekends About half the recipes in this book a collection of the 100 best recipes from Strahs s earlier book The Ultimate Panini Press Cookbook are for panini such as a robust Cheddar Apple and Whole

Grain Mustard Panini or a zesty Chimichurri Steak Panini The remaining recipes are for dishes you will be amazed to learn you can make on a countertop grill including quesadillas croques monsieurs brats burgers salads topped with crisply grilled meats and even grilled desserts This beautiful volume will inspire great cooking and fun meals without the fuss or effort

A Grain, a Green, a Bean Gena Hamshaw, 2025-04-15 In this collection of over 80 delicious plant based recipes nutritionist blogger and author of *The Vegan Week* explores one simple meal planning formula a grain a green and a bean Gena's fun formula made accessible by her bright recipes is for anyone who wants to consume fewer animal products and not feel unsated doing so also me Emma Laperruque associate director of cooking at Bon App tit and Epicurious This simple trinity of foods lends itself to endless possibilities Gena Hamshaw expands on the nourishing and economical trio with meals that include not only dark leafy greens whole grains and beans but also pasta bread zucchini edamame and tofu She offers an approach to wholesome vegan eating that's welcoming and adaptable to any lifestyle Keeping busy schedules in mind *A Grain a Green a Bean* includes time saving methods and formulas including sheet pan meals and one pot wonders Bring the beans and grains in your pantry to life with recipes such as Bowls Salads Baked Pita Crispy Chickpeas and Spinach with Curried Cauliflower and Beet Couscous Cheesy Tofu and Watercress Beans and Greens on Bread Kidney Beans and Kale over Savory Waffles and French Onion Brothy Beans and Greens with Garlic Toast Stovetop Meals Red Wien Braised Mushrooms and French Lentils with Farro and Gochujang Pasta with Scallions Kale and Edamame Oven to Table Spinach Lasagna Rolls and Sheet Pan Shawarma Spiced Soy Curls and Freekeh Basics Cashew Sour Cream and Eggy Tofu Sweet Things Freezer Fruit Crumble and Olive Oil Cake These recipes serve as flashes of inspiration for when you've looked in your cabinets ten times for dinner ideas and still don't know what to make *A Grain a Green a Bean* will quickly set you up to create an array of beautifully balanced grain bowls soups salads toast and more with the promise of endless possibilities to keep you inspired

Whispering the Techniques of Language: An Mental Quest through **White Bean Basil Hummus Recipe**

In a digitally-driven earth where screens reign great and immediate transmission drowns out the subtleties of language, the profound strategies and mental nuances concealed within phrases often go unheard. Yet, set within the pages of **White Bean Basil Hummus Recipe** a charming literary treasure pulsing with organic thoughts, lies an exceptional quest waiting to be undertaken. Published by a talented wordsmith, this enchanting opus invites viewers on an introspective trip, softly unraveling the veiled truths and profound affect resonating within the very material of each and every word. Within the emotional depths with this poignant evaluation, we can embark upon a sincere exploration of the book's primary subjects, dissect its charming writing design, and fail to the powerful resonance it evokes strong within the recesses of readers' hearts.

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