



# Recipe For Cilantro Hummus

**Erin Alderson**



## **Recipe For Cilantro Hummus:**

**So Fast, So Easy Pressure Cooker Cookbook** Beth Hensperger, Julie Kaufmann, 2015-12-15 The only pressure cooker cookbook for electric and stovetop pressure cookers you'll ever need What's not to love about the pressure cooker Using pressure created by super heated steam the pressure cooker can cut cook times by 70 percent meaning dinner is on the table faster and with significantly less energy use Your dinner will be more nutrient rich because vitamins and other good things won't be lost in evaporating steam And it will taste delicious and succulent because none of the food's moisture has been allowed to escape Finally today's modern pressure cooker has been re-engineered for safety and ease of use including the development of the electric pressure cooker Because no moisture evaporates during cooking conventional stovetop recipes do not work in the pressure cooker For success the pressure cooker requires different food to liquid ratios and because of that superheated pressure cook times are very precise With this comprehensive guide the busy cook can use fresh ingredients to create more than 700 tasty recipes developed for and scrupulously tested and retested for the pressure cooker Chapters on Poultry Pork Beef Veal Lamb Game and Seafood include Zinfandel braised short ribs that cook in just 30 minutes herb stuffed whole turkey breast and braised lamb shanks ready in 25 minutes and baby back ribs that pressure cook in just 15 minutes Individual chapters on grains beans rice dishes including risotto and breakfast rice potatoes chili and tomato sauces with and without meat as well as on soups vegetables desserts making your own baby food and much more An introductory chapter explains the ins and outs of the pressure cooker with valuable tips and advice The authors also include recipes for lots of basics such as how to cook different types of rice and varieties of dried beans

**Eat to Love** Mikaela Reuben, 2025-06-03 Eat your way to a healthier happier you with over 115 delicious nutrient dense recipes The care Mikaela puts into every detail is unmatched From the exciting flavors to the specificities of the health benefits she cares about it all and you can taste it **BLAKE LIVELY RYAN REYNOLDS** Mikaela's unique background in science and nutrition paired with her skills as a chef are unparalleled and you can see it on every page of this book There is no one I would trust more when it comes to creating intentionally designed nutritionally dense flavor filled food Eat to Love is sure to inspire many **MARK HYMAN MD** Mikaela Reuben has spent over 15 years working with clients around the world amassing essential knowledge and hands on experience with food and nutrition With all her clients Mikaela takes a holistic approach to create healthy and flavorful meals to meet each person's unique needs and dietary preferences In Eat to Love she shares for the first time the recipes and insider tips she's learned The playful and creative recipes in this book are adaptable to any diet and each includes nutritional information to help you make intentional and informed decisions that will support your specific health goals Inside the pages of this stunning cookbook you'll find Nutrient dense recipes that can be adapted to any diet Simple whole food plant forward and gluten free recipes offer maximum nutrition without compromising flavor Recipes are clearly labeled when they are vegan dairy free or grain free Health benefits to match your unique needs Nutritional icons on every

recipe highlight those that are high in fiber or protein or low in carbohydrates and a health benefit classification system shows those that are supportive of gut health beauty and anti aging detoxification and more Recipes for every day all day Mikaela's accessible and easy to follow recipes are meant to mix and match and she shares countless suggestions for how to combine them into delicious balanced meals Eat to Love is an invitation to show love to yourself and others through food It's a beautiful and inspiring cookbook for anyone ready to rethink what they're putting into their body and why **Appetite for Reduction** Isa Chandra Moskowitz, 2010-12-07 Vegan chef Isa Chandra Moskowitz shares her collection of plant based and low calorie meals that are full of flavor and totally satisfying This is not your mother's low fat cookbook It has no foolish tricks no bizarre concoctions no chemicals no frozen meals no fake anything Appetite for Reduction means cooking with real food for real life Skimpy portions need not apply In Appetite for Reduction bestselling author and vegan chef Isa Chandra Moskowitz shares 125 delectable nutritionally balanced recipes for the foods you crave lasagna tacos barbecue curries stews and much more that's all Only 200 to 400 calories per serving Plant based and packed with nutrients Low in saturated fat and sugar high in fiber Drop dead delicious You'll also find lots of gluten free and soy free options The best part Dinner can be on the table in less than 30 minutes So ditch those diet shakes Skip that lemonade cleanse And fight for your right to eat something satisfying Now you can look better feel better and have more energy while eating the food and portions you deserve *Working Mother*, 2003-04 The magazine that helps career moms balance their personal and professional lives

**1,000 Vegetarian Recipes** Carol Gelles, 2011-04-12 Julia Child Cookbook Award and James Beard Award winner Actually several cookbooks in one this encyclopedic volume has it all New York Daily News Get enough recipes to fill 5 cookbooks in one comprehensive volume 216 Side Dishes 61 Breads 70 Breakfasts Brunches and Lunches 91 Appetizers 137 Salads 152 Main Dishes And Much Much More Carol Gelles one of the best known authorities on the subject offers hundreds of appetizers entrees soups salads and more proving that vegetarian cuisine is anything but boring The flavor combinations are limitless drawing on the ingredients and spices from every international cuisine Discussions of vegetables grains beans and soy foods are interspersed throughout the recipes making the book easy enough for beginners to follow And every recipe is coded as lacto vegetarian some dairy products ovo vegetarian some egg products or vegan made without dairy or meat products Addressing the needs of the beginner the part timer and the fully committed vegetarian this cookbook is a must have *Cooking Light Magazine* Good basics for the aspiring vegetarian innovative recipes that will appeal to long time ardent vegetarians and plenty for everyone in between New York Daily News The best things about the book are the diversity of recipes and the book's awesome organizational scheme It includes every major course in American cuisine from the appetizer to the dessert Gelles also makes a point to include many different ethnic foods excellent for the beginning vegetarian chef *The Veggie Space* **Salsas and Dips** Mamie Fennimore, 2025-08-26 From classic tomato salsa to baked goat cheese dip with honey drizzle Salsas and Dips is packed with delicious ideas for any craving or occasion Dress up every meal or snack

with some extra flavor from Salsas and Dips From classic dip and salsa recipes to bold new creations cooks with any level of experience can recreate over 100 mouthwatering recipes for every occasion or event with shopping lists and entertainment tips to match Inside this cookbook you will find Chipotle and Adobo Salsa Roasted Tomato Salsa Baba Ganoush Tiramisu Dip Cheese Twists Edamame Hummus Broccoli Cheddar Dip Watermelon Salsa Cookie Dough Dip Whipped Ricotta Dip Tortilla Chips Jicama and Apple Salsa This book is also full of delicious dippables like homemade potato chips chocolate covered pretzels and grilled chicken skewers Sure to please all palates Salsas and Dips will help you add that punch of extra flavor to any meal

**Spanish recipes for everyday cooking** Alfonso López Alonso, More than 100 easy recipes based on Spanish and Mediterranean cuisine for a healthy and diverse diet This book brings together the best dishes from [recetasderechupete.com](http://recetasderechupete.com) one of the most popular recipe blogs in Spanish This title features 107 easy recipes with step by step instructions colour photos of every recipe and lively personal anecdotes

FOREWORD I could tell you that this is a wonderful book I could also tell you that this book is full of marvelous recipes illustrated with mouthwatering pictures which would make you dream of savoring these dishes one day I could comment on how well explained all the tricks and techniques needed to cook these recipes are I could do all this and I would not be lying But instead I rather talk about the author A guy I liked from the minute I met him He is full of good vibes and has always helped me and other gastro bloggers in every way he could Alfonso is one of those odd people who likes everyone who does not fit the stereotype of a cautious Galician since he is bold and direct and on top of everything he is no dummy I also deeply admire him for creating one of the best blogs in Spain [Recetas de Rechupete](http://Recetas de Rechupete) You might be thinking that you couldn't care less about all this and that the personal qualities of the author are not necessary when judging the recipes in a cookbook This could be true about a conventional cookbook but never about a blogger's cookbook The main value in any blog is that it is personal no one else could have written it And when it comes to culinary blogs it is important that they reflect the origins experiences tastes and the obsessions of the person that is driving it Both [Recetas de Rechupete](http://Recetas de Rechupete) and the book are 100% Alfonso they ooze earnestness and frankness simplicity closeness but above all the good food enthusiasm put into it by the author I would love to have my own Alfonso preparing all these meals for me enjoying his conversation But since this is impossible at least until the electronic author is invented I will just have to resign myself to having the book in my computer and reverting to it every time I am in the mood for an everyday meal

Mikel Lpez Iturriaga El Comidista Blogger and journalist at [elpais.com](http://elpais.com)

[The Complete Make-Ahead Cookbook](#) America's Test Kitchen, 2017-07-11 An impressive collection of 500 recipes at your fingertips Make the recipe all at once if you have time or use the accompanying suggestions on what parts are best to make ahead separately if you're short on time that day Every recipe has been tested thoroughly on what's best to make when and how to store it to give your results a just made flavor Included in this compendium of new recipes are a few fan favorites that have been thoroughly retested and adjusted for the best results if you need to make a component in advance You'll find classic international and modern flavors with recipes

such as Breakfast Strata Mini Chicken Empanadas Olive Oil Sea Salt Pita Chips Chickpea Cakes Cauliflower Gratin Stuffed Eggplant Mexican Lasagna with Turkey Tequila Lime Turkey Chili Moroccan Chicken Salad Beef Tamale Pie Smoked Salmon and Leek Tarts Blueberry Streusel Bars Maple Pecan Pie Flourless Chocolate Cake and Bourbon Whipped Cream In addition you ll find information basics for refrigerator and freezer storage how to freeze egg yolks and egg whites properly and the ultimate guide to storage containers all to help give you the best tasting results      **Easy Gourmet Recipes for the Frugal**

**Cook** Michael Burwen,2013-08 This book contains 219 gourmet recipes culled from well over 1000 that were collected over 40 years by Michael Burwen an accomplished amateur chef All of the recipes are easy to make and most are low cost Although the recipes have roots in many international cuisines they will all appeal to the average palate and call for ingredients that are readily available in      *Gluten Free World Tour Cookbook* Katie Moseman,2019-03-14 Think gluten free means boring Do you miss having flavor adventures Then this is the cookbook for you With the help of the Gluten Free World Tour Cookbook you ll learn to spice up your life with amazing gluten free food Say goodbye to the same old same old recipes Learn flavor boosting cooking methods and use exciting gluten free ingredients Get every recipe right the first time with easy to follow instructions explanations of lesser known ingredients and handy tips from pro chefs Buy this cookbook and travel the world one recipe at a time Recipes include Delicious Bread like Buttermilk Cornbread and warm buttery Naan Amazing Appetizers like Cauliflower Falafel with Tahini Drizzle Rich Hearty Main Dishes like Three Cheese Pastitsio Flavor Popping Salads like French Green Lentil Salad and Herb and Citrus Marinated Olives Incredible Desserts like Raspberry Clafoutis and Mexican Spiced Brownies And so many more Get your copy of the Gluten Free World Tour Cookbook today      **Carb**

**Conscious Vegetarian** Robin Robertson,2005-07-08 A distinguished chef cooking teacher and author of *Vegan Planet* introduces 150 flavorful simple to prepare recipes for meat and dairy free dishes that eliminate refined carbohydrates including a variety of appetizers main courses stews salads soups sides sauces and desserts Original 20 000 first printing

**YOU: On A Diet Revised Edition** Michael F. Roizen,Mehmet Oz,2010-04-03 As they did with the revised edition of *YOU: The Owner s Manual* which has sold nearly 200 000 revised copies Dr Roizen and Dr Oz have updated their classic international bestseller on diet This nearly three million copy seller is filled with new information on emotional eating the latest fad diets maintaining a healthy lifestyle and over a hundred recipes For the first time in our history scientists are uncovering astounding medical evidence about dieting and why so many of us struggle with our weight and the size of our waists Now researchers are unraveling biological secrets about such things as why you crave chocolate or gorge at buffets or store so much fat Michael Roizen and Mehmet Oz America s most trusted doctor team and authors of the bestselling *YOU* series are now translating this cutting edge information to help you shave inches off your waist They re going to do it by giving you the best weapon against fat knowledge By understanding how your body s fat storing and fat burning systems work you re going to learn how to crack the code on true and lifelong waist management Roizen and Oz will invigorate you

with equal parts information motivation and change your life action to show you how your brain stomach hormones muscles heart genetics and stress levels all interact biologically to determine if your body is the size of a baseball bat or of a baseball stadium In *YOU On a Diet* Roizen and Oz will redefine what a healthy figure is then take you through an under the skin tour of the organs that influence your body's size and its health You'll even be convinced that the key number to fixate on is not your weight but your waist size which best indicates the medical risks of storing too much fat Because the world has almost as many diet plans as it has e-mail spammers you'd think that just about all of us would know everything there is to know about dieting about fat and about the reasons why our bellies have grown so large *YOU On a Diet* is much more than a diet plan or a series of instructions and guidelines or a faddish berries only eating plan It's a complete manual for waist management It will show you how to achieve and maintain an ideal and healthy body size by providing a lexicon according to which any weight loss system can be explained *YOU On a Diet* will serve as the operating system that facilitates future evolution in our dieting software After you learn about the biology of your body and the biology and psychology of fat you'll be given the *YOU Diet* and *YOU Workout* Both are easy to learn follow and maintain Following a two week rebooting program will help you lose up to two inches from your waist right from the start With Roizen and Oz's signature accessibility wit and humor *YOU On a Diet* The Owner's Manual for Waist Management will revolutionize the way you think about yourself and the food you consume so that you'll diet smart not hard Welcome to your body on a diet

**All Time Best Appetizers** America's Test Kitchen (Firm), 2016 Hosting a party is overwhelming enough let the experts at Cook's Illustrated reduce some of the strain with this perfectly curated selection of only the best the 75 best appetizer recipes ever to come out of the test kitchen An innovative organization makes it simple to put together a well balanced spread that hits all the high points from something dipable to snacks to munch by the handful to elegant two bite treats Chapters mix cocktail party classics and modern finger foods and satisfy a variety of menus abilities and styles Invite Cook's Illustrated to your next soiree to guarantee the all time best party for you and your guests

**Quick and Easy Vegetarian Cooking for Beginners** Erin Alderson, 2023-04-18 Transition to a vegetarian diet or just add more meat free meals to your repertoire easily and deliciously with this collection of simple affordable and satisfying go to recipes Greens beans fruit and grains make a healthy and sustainable diet for you and for the earth but finding vegetable based recipes that taste delicious and are easy to make is sometimes a challenge especially if you are new to vegetarianism This abridged and affordable edition of Erin Alderson's *The Easy Vegetarian Kitchen* makes vegetarian cooking accessible and flavorful for anyone who wants to learn to enjoy eating meat free even if it's just some of the time *Quick and Easy Vegetarian Cooking for Beginners* offers tasty and satisfying vegetable based recipes that will satisfy even the hungriest eaters all day long Each recipe offers ideas on how to up protein levels customize taste and feed your whole family or just you Even meat eaters will love these enticing dishes This book will help you establish a collection of recipes that you will want to make again and again offering simple and affordable solutions

for a happy and satisfied transition to an all plant diet Beans greens grains fruits and spices make each meal memorable from breakfast to dinner plus snacks and desserts You will find staple recipes such as salads sandwiches stir fries casseroles stews frittatas omelets bars smoothies and so much more which can be easily adapted to seasonal or on hand ingredients Core recipes offer cooks an essential pantry list so eating vegetarian is always easy Mexican Italian and classic American fare are all included for a wide range of options to make vegetarian eating as easy as possible for beginners Whatever leads you on your path to a meat free lifestyle Quick and Easy Vegetarian Cooking for Beginners is the place to start you new plant based approach to eating well

**The Hungry Fan's Game Day Cookbook** Daina Falk,2016-08-23 The daughter of legendary sports agent David Falk Daina Falk spent her early years around pro athletes Today her love of sports is matched only by her passion for food As the original Hungry Fan Daina celebrates game day cooking at its best from pulled pork sandwiches at the tailgate to sky high stadium chili at home In The Hungry Fan s Game Day Cookbook Daina presents more than 100 crowd pleasing recipes to jazz up your tailgate and score points with any home game watching guest Discover fresh takes on classics like Buffalo wings sliders and layered dips alongside delicious dishes inspired by local fan traditions Daina also enlisted a dream team of athletes including LeBron James Boomer Esiason Victoria Azarenka and Dikembe Mutombo to contribute their signature recipes to the mix Featuring tips on planning menus packing snacks and finding top stadium eats plus fun facts team trivia and Daina s memories of growing up on the sidelines this fan friendly cookbook is an all access pass to the ultimate game day experience

Fiestas Marcela Valladolid,2019 Mexican inspired cocktails and appetizers from the long time Food Network host

**The Vegan Guide to New York City** Rynn Berry,Chris A. Suzuki,2006-11 The Vegan Guide to New York City 2007 is a comprehensive guide book to the restaurants and shopping resources of New York City Now in its thirteenth edition The Vegan Guide has been praised by the New York Times for being a portable conscience and by the New York Daily News for being a very complete guide Authored by Rynn Berry the historical advisor to the North American Vegetarian Society it is written with panache wit and style This item is Returnable

**The Anti-Inflammatory Kitchen: Delicious Recipes That Fight Inflammation And Promote Overall Health** Brian Smith, The Anti Inflammatory Kitchen Delicious Recipes That Fight Inflammation And Promote Overall Health is a comprehensive guide that explores the link between inflammation and diet Understanding the role of inflammation in the body and how it relates to overall health is the first step This book then delves into the basics of anti inflammatory eating highlighting key nutrients that have anti inflammatory properties and providing tips on replacing inflammatory foods with healthier alternatives The heart of the book lies in its collection of delicious recipes that are not only satisfying but also promote reduced inflammation From breakfast to dinner snacks to desserts and beverages to herbs and spices this book offers a wide range of options to suit various preferences and dietary restrictions Each recipe is carefully crafted to incorporate anti inflammatory ingredients making it easy for readers to create meals that combat inflammation and promote overall wellness Meal planning and shopping tips are



also provided helping readers build an anti inflammatory pantry and develop strategies for efficient meal prep With its emphasis on flavor and health benefits The Anti Inflammatory Kitchen is a must have resource for anyone seeking to improve their overall health through diet     The Veginner's Cookbook Bianca Haun,Sascha Naderer,2018-01-16 From the bloggers and foodie couple behind Elephantastic Vegan Bianca Haun and Sascha Naderer bring seventy five delicious plant based recipes to the table The Veginner s Cookbook is for anyone thinking about transitioning to a vegan diet or having difficulties maintaining a vegan lifestyle Bianca and Sascha call them Veginners In their debut cookbook Bianca and Sascha combine their favorite easy recipes with their knowledge about how to handle difficult situations as a vegan Readers will learn how to make easy vegan swapping alternatives and time saving tricks order at restaurants and what to tell family and friends The Veginner s Cookbook is designed for everyday use and all recipes are made from simple ingredients and instructions that any Veginner can follow Recipes include Sunflower Flaxseed Bread Red Mushroom Soup No Bake Lime Blueberry Cheesecake Fancy Apple Roses Stovetop Avocado Pizza And More Vegan cooking doesn t have to be difficult expensive or time intensive to make easy delicious homemade food that anyone can enjoy     The Nutri-Blender Recipe Bible Robin Donovan,2017-01-10 Taking control of your healthy lifestyle and making simple delicious recipes go hand in hand with Nutri Blender Recipe Bible Use the easiest no fuss kitchen appliance out there to enjoy as many as 150 incredible meals that detoxify protect replenish and revitalize your health From superfood smoothies enriching soups and zesty dressings to bars burgers and cakes each meal is easy to prepare easy to clean up and retains all of the most nutritious elements of your fruits and vegetables These recipes go beyond the traditional smoothie as the nutri blender holds onto fiber and essential nutrients and minerals that juicers toss away Nutri Blender Recipe Bible is the all in one resource for easy to follow flavorful recipes that lead to a healthier you Never miss an opportunity to use your nutri blender with this outstanding collection of nourishing energizing and flavorful meals Lose weight and feel great with nutrient rich recipes Make healthy eating a breeze with all in one nutri blender recipes Enjoy 150 smoothies spreads snacks and more

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