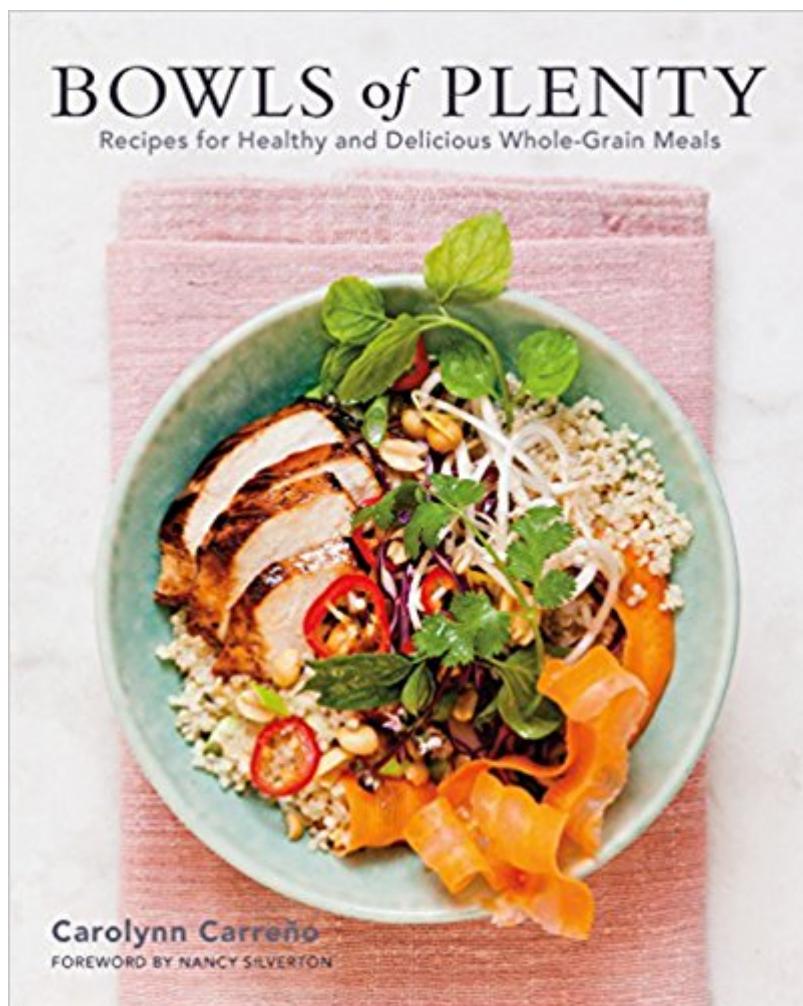


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# **Bowls Of Plenty: Recipes For Healthy And Delicious Whole-Grain Meals**



## Synopsis

A fresh and flexible approach to grain bowls--thoughtfully structured one-dish meals that marry health and flavor--from James Beard Award-winning journalist and acclaimed cookbook coauthor Carolynn Carreno. Gorgeous, layered, satisfying bowls have become the next wave of healthy eating. From food blogs to Instagram, farm-to-table bistros to chain restaurants, "the bowl" has become part of our culinary vocabulary. And whole grains are not just for hippies and health nuts anymore! Hearty grains like quinoa, farro, millet, and spelt are replacing flour or corn tortillas, bread, pasta, white rice, and mashed potatoes as the base or vehicle for other, richer, more complex ingredients. *BOWLS OF PLENTY* brings grain bowls to the home cook, offering more than 75 recipes for hearty, grain-centric, one-dish meals that layer flavorful veggies and delicious sauces and vinaigrettes, with optional meats and dairy on a foundation of whole-grain staples. A mix sweet and savory breakfast bowls, salad bowls that will put an end to the sad desk lunch, flexible composed main dish bowls that work with all diets, and creative dessert bowls, *BOWLS OF PLENTY* is a modern handbook for healthy and delicious cooking at home.

## Book Information

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## Customer Reviews

"Carreno has impeccable creds on the seemingly ubiquitous yet still growing phenomenon of one-bowl meals. . . . her take on value-added whole grains is deeply authoritative and inspiringly delicious. . . . [the] determinedly 'flavor first' approach draws on influences modern eaters want." *•Publishers Weekly*, "Carolynn Carreno is perhaps the most honest and knowledgeable cook I know. She is fearless in her pursuit of authenticity and flavor, and she creates recipes that are filled

with her unstoppable quest for deliciousness. She is truly a cook's cook."•Jonathan Waxman"When Carolynn told me she was working on BOWLS OF PLENTY, I knew it was a great idea, and also that she was the one to write it. Carolynn is the rare combination of cook who has a 'chef' mentality. . . . Combining those two sensibilities to create 100 grain-based recipes, well, those will be grain bowls that I will want to eat for a very long time."•Nancy Silverton"Carolynn Carreno is both a knowledgeable writer and an entertaining one, a writer with a flair for language and a talent for storytelling. She can make any topic interesting, even fun, to read about."•Colman Andrews

Carolynn CarreÑo is a James Beard award-winning food writer. Her work has appeared in Bon AppÄtit, Food & Wine, Gourmet, Saveur, and the Los Angeles Times. She has coauthored many acclaimed cookbooks, including Nancy Silverton's *Mozza at Home* and Pat LaFrieda's *Meat: Everything There is to Know*. Carreno lives in San Diego, CA and New York City.

I have been counting down the days for the release of this gorgeous book - it's full of delicious healthy recipes, clever tips to help the home cook (like toasting nuts) and exciting new ways to think about putting together colorful, tasty bowls of plenty. The book is so beautiful - every recipe more inviting than the next with the vibrant food photography that makes you want to stop everything and cook it. I can't wait to try the mixed berry crisp and also Birdies Oatmeal Cocktail sounds like the perfect addition to one of my breakfast trays fit for a lady/Lean Luxury. I'm planning on cooking through it and then using it as my Cook Book Club book of the month. Thank you Carolynn for writing such a great book that is sure to become a well smudged favorite. Lucy

This is one of the best cookbooks I have bought in a really long time! *Bowls of Plenty* is much more than just a grain bowl book. It is also full of hidden treasures like Carolynn's Pomegranate-Glazed Lamb Meatballs Recipe, a fantastic Granola Recipe, and her wonderfully perfected Caesar dressing recipe. The photography is gorgeous and Carolynn's writing style is very entertaining and informative. My favorite part is that most of the recipes are flexible and can be adapted to fit gluten free and vegan or vegetarian diets. I would definitely recommend this book to anyone who is looking for both healthy AND delicious recipes.

What a fantastic book! I call it a book as much as a cookbook b/c Carolynn's writing is not only wonderfully informative, but it's conversational, funny, and interesting! From ordering many of the kitchen basics she suggests that I didn't already have to learning many new delicious, healthy and

varied bowl recipes, I've really enjoyed "Bowls of Plenty" start to finish. I'd recommend it to anyone wanting to spice up their weekday/night meal routines, as well as for those looking for the perfect dish to bring to a party.

This is one of my very favorite cookbooks, and I have many! There are so many things to like about it. Carolynn's foolproof recipes for the various grains are worth the price of the book alone. The bowl recipes are unique and delicious but not at all hard to prepare; she has a lot of street cred as a recipe developer and chef for a reason. The pictures are beautiful, and the layout is logical and easy to read. But perhaps best of all is Carolynn's "voice"--she is a delightful writer, and by the end of the book, I felt as though I had met a new friend over a tasty lunch of one of her bowls. Brava! This is one I would take to a desert island.

I love this cookbook like I haven't loved a new cookbook in a while, absolutely obsessed. I'm a cookbook junkie and this one really impressed me. The recipes are interesting and delicious, and varied enough that I could see myself cooking from this forever. My one complaint is that it has a surprising number of errors, both in recipes and just plain old typos in the recipe intros. Rush to publication or lazy editor? I hope these get corrected in future editions because it really is a stellar cookbook.

I ordered this book because I LOVE one-bowl meals and I've been a long time follower of the author's Instagram account and her food always looks amazing! I already made the recipe that's on the cover and it was as delicious as it looks, and also simple which is a key ingredient for me. Carolynn also manages to bring humor into her recipes which isn't something I've really seen in a cookbook before, and I found myself actually flipping through the book to read her comments. I highly recommend this book!

Bowls of Plenty is my new favorite cookbook! The recipes are delicious, easy to follow, and easy to modify (e.g., swapping out one grain for another). Carolynn has a unique ability to tell stories with her food, which makes this book a particularly enjoyable read and it is clear she truly believes in her food and recipes. I made the turkey picadillo last week and it turned out fantastic. My copy also got its first of manner page splatters (the sign of a good, well-loved cookbook). I can't wait to make my next grain bowl!

So far I've made the sambal tofu, corn farrotto (OMG good!), chinese chicken salad, broccolini salad and vietnamese bowl. All were so amazing! This book is definitely in heavy rotation right now. We're trying to eat healthier even though I've always cooked with whole foods, just not necessarily so grain and veggie heavy. We feel great making this shift but not sacrificing flavor. All the recipes I've made are easy to follow and accessible with a well stocked pantry. Some are a bit more labor intensive (eg farrotto) but the payoff has been worth it. It's been a good challenge to get our toddler to eat/try the veggies but for the most part, he loves all the proteins.

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