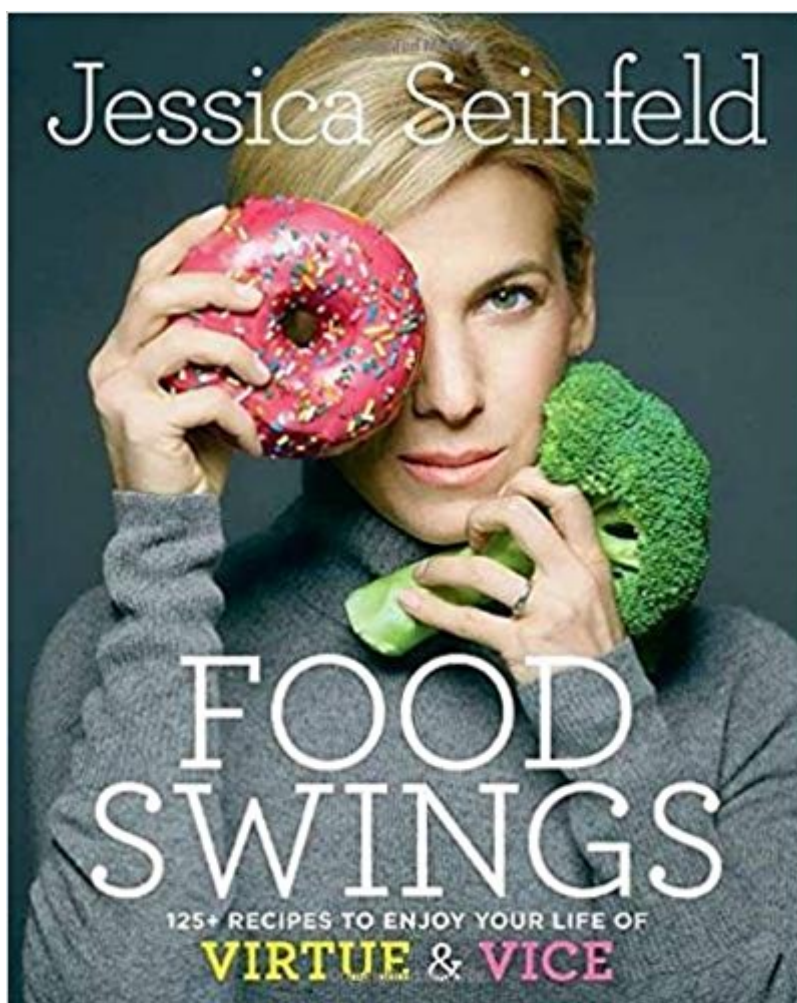


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Food Swings: 125+ Recipes To Enjoy Your Life Of Virtue & Vice



Synopsis

An all-new collection of more than 125 delectable recipes that reflect the way we really eat: sometimes healthy, sometimes indulgent—delicious, either way Food Swings offers a range of simple and satisfying recipes that speak to both sides of your food brain. Here you'll find the perfect go-to dish for when you want to eat light or for when you are in the mood for something more indulgent. The first half of the book, "Virtue" provides recipes for your controlled side, while the other half, "Vice" is for when you need to feel the wind in your hair. All of it is meant to be enjoyed equally in this fun something-for-everyone collection. So whether you're a home cook looking for new inspiration, a big eater who is ready to party, or a human who might be occupied with watching your waist, you will find what you are looking for in Food Swings. Those who are eating gluten-free, dairy-free, meat-free, or almost-vegan, you have come to the right place! VIRTUE Quinoa Bowl with Almond Butter, Strawberries, and Hemp Seeds Ginger Salmon with Sesame Cucumbers Whole Roasted Cauliflower, Tomatoes, and Garlic Roasted Plums with Honey and Pistachios VICE Cinnamon Buns Buttermilk Panfried Chicken Lasagna Bolognese Chocolate Fudge Cake In addition to the dozens of inspired dishes offered here, you'll also find personal essays, tips, and tricks for best results, and a gorgeous color photo for nearly every recipe. So no matter what you're in the mood for, you'll find the perfect recipe for it in Food Swings. Praise for Food Swings "It's a lot easier to make healthy choices when the meals are both good for you and crazy good at the same time. Jessica Seinfeld's new book, Food Swings, has that nailed, packed as it is with simple recipes that are kind to your body, crowd-pleasingly delicious (quit the side-eye, picky fourth grader), even gluten-free. Dinner victory, all around." —Redbook "Seinfeld has assembled 125 recipes that allow readers to eat as healthfully or indulgently as their mood dictates. . . . Readers can have their cake and quinoa, too, with Seinfeld's latest, which strikes an effective balance between two popular eating styles." —Library Journal "Jessica Seinfeld gets it, even down to the one-liners. With three cookbooks under her apron, Seinfeld takes a cue or two from her husband, Jerry, targeting both the devil and the damsel in her 125 recipes. She's eminently practical, very straightforward, and keeps her dishes in line with our modern proclivities: quick, healthy with an occasional sinfulness, convenient for the beginner as well as for the experienced home chef." —Booklist "In a friendly voice Seinfeld encourages readers to take her approach to what she calls 'food swings' and eat without guilt. Or, she concedes, to eat with less guilt. . . . However you divide up the recipes, this is a great day-to-day cookbook

with tasty-looking recipes that are approachable and simple to prepare. **•Publishers Weekly**

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Customer Reviews

"It's a lot easier to make healthy choices when the meals are both good for you and crazy good at the same time. Jessica Seinfeld's new book, *Food Swings*, has that nailed, packed as it is with simple recipes that are kind to your body, crowd-pleasingly delicious (quit the side-eye, picky fourth grader), even gluten-free. Dinner victory, all around. **•Redbook** "Seinfeld has assembled 125 recipes that allow readers to eat as healthfully or indulgently as their mood dictates. . . . Readers can have their cake and quinoa, too, with Seinfeld's latest, which strikes an effective balance between two popular eating styles. **•Library Journal** "Jessica Seinfeld gets it, even down to the one-liners. With three cookbooks under her apron, Seinfeld takes a cue or two from her husband, Jerry, targeting both the devil and the damsel in her 125 recipes. She's eminently practical, very straightforward, and keeps her dishes in line with our modern proclivities: quick, healthy with an occasional sinfulness, convenient for the beginner as well as for the experienced home chef. **•Booklist** "In a friendly voice Seinfeld encourages readers to take her approach to what she calls *food swings* and eat without guilt. Or, she concedes, to eat with less guilt. . . . However you divide up the recipes, this is a great day-to-day cookbook with tasty-looking recipes that are approachable and simple to

prepare.Âçâ –Â•Âçâ –â •Publishers Weekly

Jessica SeinfeldÂ Â is the author of three New York Times bestselling cookbooks: Deceptively Delicious, Double Delicious, and The CanÂçâ –â„çt Cook Book. She is the president and founder of the GOOD+ Foundation (formerly Baby Buggy), a nonprofit organization that has donated more than twenty million items to low-income families through their national network of more than one hundred antipoverty programs across the United States. She lives in Manhattan with her husband, comedian Jerry Seinfeld, and their three children, two dachshunds, and one cat.

LOVE Jessica and this cookbook....mouth watering recipes, healthy and fun to make and the ingredients are not too fussy and are readily available at most grocery stores. I purchased this book for my 25 year old daughter that struggles with what to cook most days when she gets home from work. She recently lost a lot of weight so wants to stay healthy and yet enjoy her cheat days. Jessica's well planned and easy to follow recipes allows her to do this. This book makes cooking fun and enjoyable for both seasoned cooks and the novice! I highly recommend this cookbook for everyone!

I love cookbooks and this is now my current favorite. The food I have cooked has turned out great. Not hard at all but very good and no hunting for ingredients no one can find. I have shared her 80/20 thought for years!

I tend to buy cookbooks and only end up loving a couple recipes, but with Jessica Seinfeld's new book, I really love most recipes! There is a photo with each recipe!! Her recipes call for more common ingredients unlike many other books these days which makes these dishes doable for anyone! This was a good cookbook purchase! The only thing that would have made this book better would have been adding nutritional information.

I decided to just work my way through the book and give everything a try. I've tried a couple of salads and entrees in the virtue section (which was my focus for buying the book), and so far, I have liked all of the recipes. I tend to season more than Jessica does, so I just amp it up a little.

I just received this cookbook this week and I have already tried 3 of the recipes. They are really easy and do not take a lot of preparation. Just what I need for our busy schedule. Oh, and I forgot

the most important thing- they're SO GOOD! I am going to recommend this cookbook to everyone.
Thank you Jessica Seinfeld!

Jessica Seinfeld knows how to cook good food and most recipes in here are easy, healthy (at least the virtue ones are) and so good. She has good tips that make the difference of a dish turning out correctly. Like freeze all your smoothie ingredients and mix the egg white and yolks separately to make them fluffy.

beautiful book, makes a great gift!

Love Jessica

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