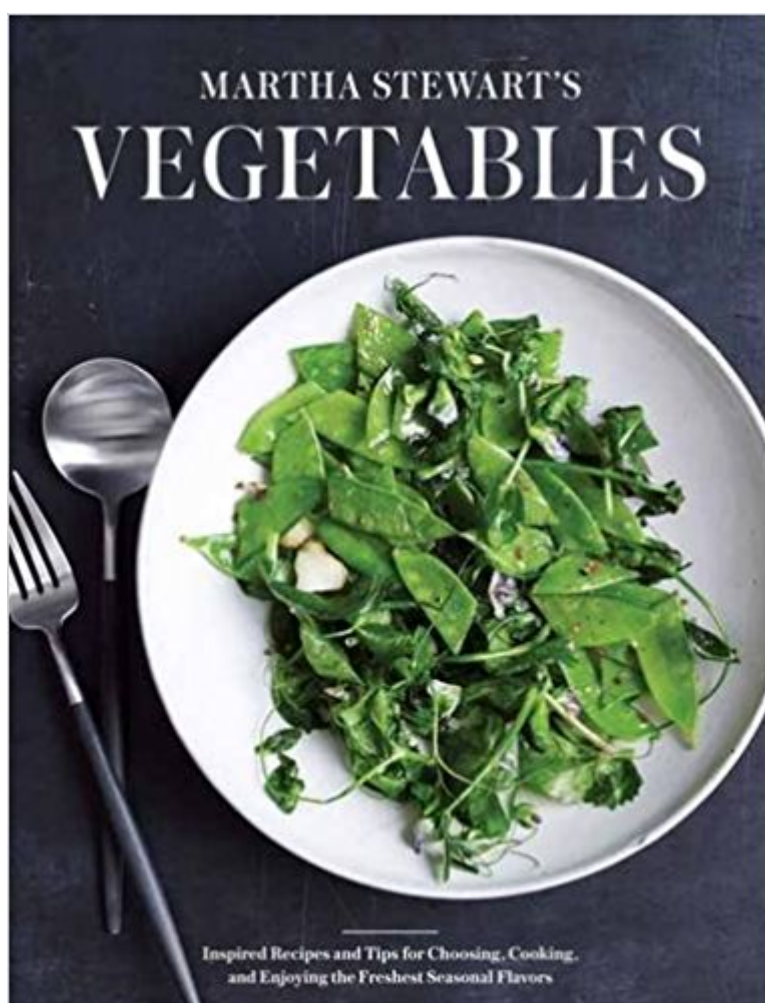


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# Martha Stewart's Vegetables: Inspired Recipes And Tips For Choosing, Cooking, And Enjoying The Freshest Seasonal Flavors



## Synopsis

An essential resource for every cook. In this beautiful book, Martha Stewart—one of America's best-known cooks, gardeners, and all-around vegetable lovers—provides home cooks with an indispensable resource for selecting, storing, preparing, and cooking from the garden and the market. The 150 recipes, many of which are vegetarian, highlight the flavors and textures of everyday favorites and uncommon varieties alike. The recipes include:

- Roasted Carrots and Red Quinoa with Miso Dressing
- Swiss Chard Lasagna
- Endive and Fennel Salad with Pomegranate Seeds
- Asparagus and Watercress Pizza
- Smoky Brussels Sprouts Gratin
- Spiced Parsnip Cupcakes with Cream Cheese Frosting

Martha Stewart's Vegetables makes eating your greens (and reds and yellows and oranges) more delicious than ever.

## Book Information

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## Customer Reviews

MARTHA STEWART is America's most trusted lifestyle expert and teacher and the author of more than 80 books on cooking, entertaining, crafts, homekeeping, gardens, weddings, and decorating.

**Rainbow Carrots and Chard** Taste the rainbow: Carrots come in an array of beautiful colors. For this striking side dish, we blanched a variety of colors just until tender and bright, then tossed them

with a lemon vinaigrette and the color-coordinated stems of rainbow chard. **Â Â SERVES 4** **Â Â 1**  
pound small carrots, trimmed and scrubbedCoarse salt and freshly ground pepper1 bunch rainbow  
Swiss chard, stems trimmed (leaves reserved for another use)2 tablespoons fresh lemon juice, and  
Â Â lemon, thinly sliced into rounds1 teaspoon sugarÂ Â cup extra-virgin olive oilFresh mint  
leaves, for servingÂ Â 1. Prepare a large ice-water bath. Cook carrots in a pot of generously salted  
boiling water until crisp-tender, about 7 minutes. Transfer to ice bath until cool, then remove with a  
spider and pat dry.2. Cook chard stems in boiling water until crisp-tender, about 4 minutes. Transfer  
to ice bath, drain, and pat dry.3. Whisk together lemon juice, and sugar in a small bowl; season with  
salt and pepper. Add oil in a slow, steady stream, whisking until combined.4. Combine carrots,  
chard, and lemon rounds in a large bowl. Toss with some dressing, then transfer to a platter. Top  
with mint and serve.

Great recipes! Vegetables are difficult (at least for me) to come up with new and creative ways to  
prepare them. This book helps out a lot with that. Everything I've made some far has been delicious.

It's a pretty book that made me see vegetables in a whole new light.Lynne

The title is a little misleading. You might think this book is all about vegetables and comes with  
recipes for vegetable dishes. The recipes are for meat dishes where vegetables play a secondary  
role. There is a lot of information on vegetables however, more illustrative images would have been  
helpful. Instead, there are large pictures of the meat dishes, and those images add bulk to this book  
in an unhelpful way. I'm disappointed in what the book lacks and the unnecessary bulky size of the  
book in regards to keeping it for what it does offer.

So much good stuff in this little book. I don't cook, and most of this stuff takes longer than I normally  
like, but oh so good.

Was expecting more main vegetable dishes for my vegetarian daughter.

Arrived on time and is a fantastic book.

Awesome book

Nice cookbook

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