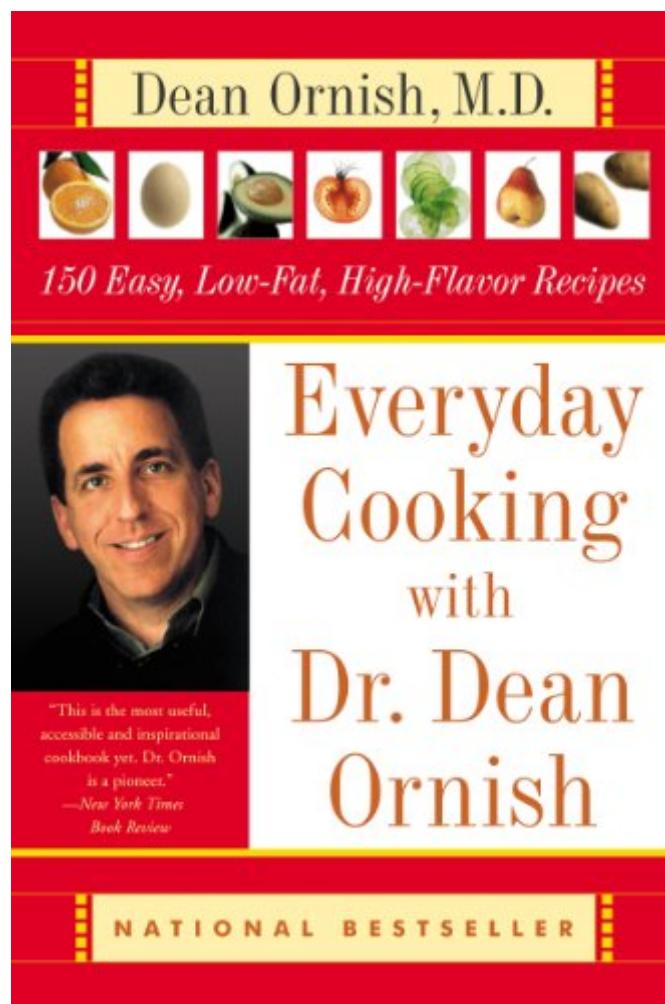


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# Everyday Cooking With Dr. Dean Ornish: 150 Easy, Low-Fat, High-Flavor Recipes



## **Synopsis**

Renowned cardiac researcher and bestselling author Dean Ornish, M.D., has inspired millions of people to choose a healthier lifestyle and a low-fat diet. But low-fat cooking can be time-consuming and hard to fit into a busy schedule, so Dr. Ornish has found 150 wonderful ways to make it fast, delicious and fun. *Everyday Cooking with Dean Ornish* includes 150 easy and extraordinary recipes that are extremely low in fat and cholesterol -- and high in flavor. You'll find slimmed-down versions of comfort foods that are delicious and nutritious, from French Toast and Hashed Browns to enchiladas and lasagna, from Creamy Corn Soup and Spicy Arkansas Chili to Southwest Pizza and Carrot Cake with Cream Cheese Frosting. The recipes are quick to prepare, the ingredients are familiar and inexpensive and there are hundreds of smart time-saving tips on cooking, shopping and serving. Now you no longer have to choose between good food and good health.

## **Book Information**

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## **Customer Reviews**

I have this cookbook well stained with use! The soups, salads, entrees and yes the Carrotcake with cream cheese frosting, are wonderful! I would recommend this book to all no matter if they are

vegan, not a vegan or have health issues. I have even incorporated many of the recipes into the meals of my still meat eating family, and yes, they love them also! I will state that after I started following Ornish's program, I have lost over 20 pounds! This cookbook is easy to read, easy to use, and has been the most important investment in my life!

A combination of scientific research into healthier living (primarily reversing heart disease but principles apply to any of us folks who want to feel energetic and live healthy lives) and easy to follow no added fat vegetarian recipes that are arranged by menu. This book is a vast improvement over his prior book Eat More, Weigh Less because the recipes are easy to make. In his prior book Ornish was trying to prove that no-added fat vegetarian cooking can be tasty too--so all the recipes are by renowned chefs given these specific parameters--thus they tend to be too complex for those of us who are not gourmet chefs but rather everyday basic cook types.

I have a bookshelf full of cookbooks and this is one of the few that I go back to on a daily basis. I'm eating food that I like, as much of it as I feel like, and I'm still losing weight. But most important of all, I FEEL healthier. The recipes are not complicated, I usually have the ingredients I need on hand. I love the soups, it's so easy to make a batch and freeze single servings for later. I really like this book. It has completely changed how I think about food. Thank you Dr. Ornish.

Like others who have reviewed this book, I can attest to the fact that the recipes are relatively simple to prepare, very nourishing and tasty, and make you feel vital, fresh, and energized. Whenever I have guests coming over for anything, I reach for this book. Everything that comes out of it is just so delicious, guests frequently ask me for the recipes. I had a friend stay with me recently, and we had been out and about, fairly busy all day, and came back to my place too tired to spend any real time fussing in the kitchen; I reached for this book and sure enough found a tasty recipe for zucchini casadillas that were ready, along with a fruit salad, in only about 15 minutes. These recipes are so simple to prepare I've even taken some pre-prepared ingredients camping (along with tinfoil), and cooked up near gourmet meals over the campfire! This book is a compliment to an eating/lifestyle program that Dr. Dean Ornish calls the life-choice program, because he emphasises that followers of this program are making a choice to eat healthfully to make MORE of your life. And that is EXACTLY what the recipees in this book--delicious, nourishing, simple, easily adaptable--have really allowed me to do. No matter what I'm doing--entertaining, camping, or just cooking for one--I know that there is always a real treat waiting for me when I open this book.

This book was written by a respectable medical researcher whose works has been published in various medical journals...My wife and I have use those recipes and to our surprise the food look visually appealing as well as delicious!We have found the recipes easy to use. It took significantly less than than other vegetarian cookbooks (some of which are loaded with fat) took about 2 hours to make. On average, we found it took from 1/2 to 1 hour to prepare.I also highly recommend reading Part One in Ornish's earlier book, "Eat more, weigh less". That essential section laid out, in depth, the foundataion for this book.Critics who said Ornish's program is extreme or hard have obviously NEVER tried out any of the recipes in THIS book!! The critics also failed to provide evidence for this purported "difficulties." If you are still skeptical, go to the library to try out the book before buying. (I'm not sure if the libraries carry these type of books) What have you got to lose?

I borrowed this book from my local library in the hopes of finding low-fat vegetarian meals that weren't too far off the conventional track. Having both gall stones and a weight problem require me to watch my fat intake, but all too often fat-free receipes are dull. Not so with these. Even my meat-eating husband enjoyed the various bean, vegetable and grain meals. One of our favorites was a stuffed pepper with black bean sauce. We served it with some steamed veggies and followed it with the fat-free carrot cake which was dense and delicious. Preparation time for most of the recipes is not too long, though some are too complicated to think about after a day at the office. Try this one. It's well worth the investment.

I checked this book out from the library after seeing the auther on "Oprah." I don't have heart disease, but I am always looking for more healthful ways of cooking. My husband was very skeptical about eating vegetarian. He has loved everything that I have made from this book. Now when we menu plan for the week, he goes through and picks three or four things from the book! Everything is easy to make and there are not a whole lot of strange ingredients like some other vegetarian cookbooks.

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