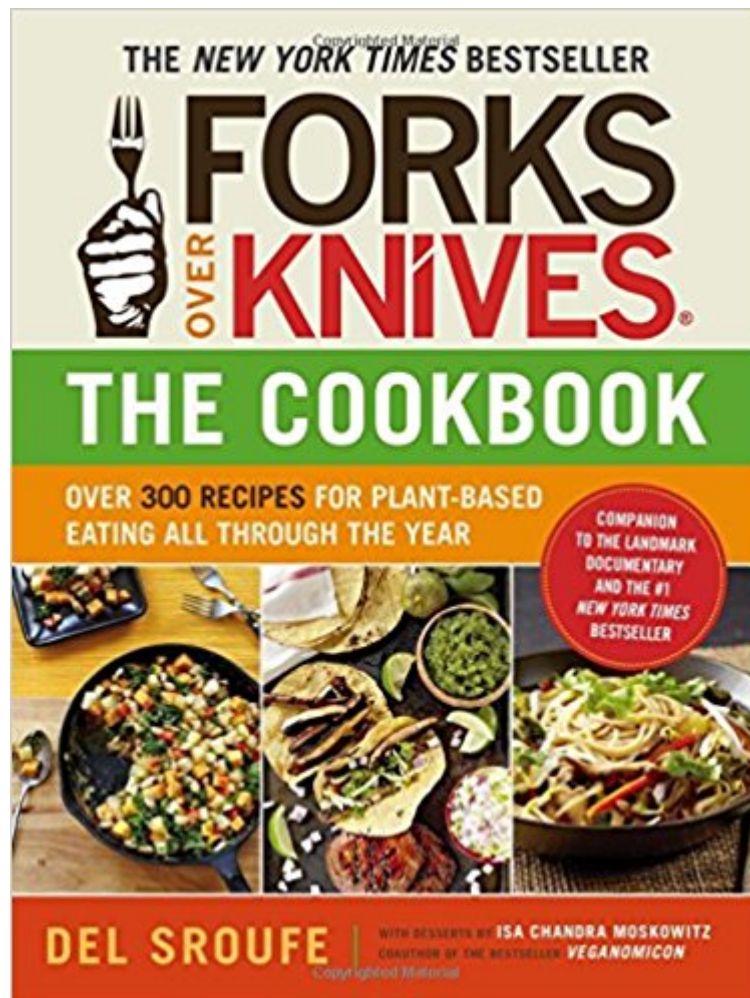




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# Forks Over Knives - The Cookbook: Over 300 Recipes For Plant-Based Eating All Through The Year



## Synopsis

New York Times Bestseller A whole-foods, plant-based diet that has never been easier or tastier! Learn to cook the Forks Over Knives way with more than 300 recipes for every day! Forks Over Knives is back again in a cookbook. The secret is out: If you want to lose weight, lower your cholesterol, avoid cancer, and prevent (or even reverse) type 2 diabetes and heart disease, the right food is your best medicine. Thousands of people have cut out meat, dairy, and oils and seen amazing results. If you're among them or you'd like to be, you need this cookbook. Del Sroufe, the man behind some of the mouthwatering meals in the landmark documentary, proves that the Forks Over Knives philosophy is not about what you can't eat, but what you can. Chef Del and his collaborators Julieanna Hever, Judy Micklewright, Darshana Thacker, and Isa Chandra Moskowitz transform wholesome fruits, vegetables, grains, and legumes into hundreds of recipes—classic and unexpected, globally and seasonally inspired, and for every meal of the day, all through the year: **Breakfast:** Very Berry Smoothie, Breakfast Quinoa with Apple Compote **Salads, Soups and Stews:** Kale Salad with Maple-Mustard Dressing, Lotsa Vegetable Chowder, Lucky Black-Eyed Pea Stew **Pasta and Noodle Dishes:** Mushroom Stroganoff, Stir-Fried Noodles with Spring Vegetables **Stir-Fried, Grilled and Hashed Vegetables:** Grilled Eggplant "Steaks" **Baked and Stuffed Vegetables:** Millet-Stuffed Chard Rolls **The Amazing Bean:** White Beans and Escarole with Parsnips **Great Grains:** Polenta Pizza with Tomatoes and Basil **Desserts:** Apricot Fig Squares, Bursting with Berries Cobbler . . . and much more! Simple, affordable, and delicious, the recipes in Forks Over Knives The Cookbook put the power of real, healthy food in your hands. Start cooking the plant-based way today—it could save your life!

## Book Information

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## Customer Reviews

**Featured Recipe: Mushroom Stroganoff** Stroganoff originated in Russia as a beef dish served in a rich sour cream sauce. And though there are many versions of the original recipe, I prefer this plant-based one, made with rich porcini mushrooms and lots of fresh herbs. Serves 4

2 large shallots, peeled and minced  
4 cloves garlic, peeled and minced  
2 teaspoons minced thyme  
Salt and freshly ground black pepper to taste  
1 teaspoon minced rosemary  
1 pound portobello mushrooms, stemmed and cut into large pieces  
1 ounce porcini mushrooms, soaked for 30 minutes in 1 cup of hot water that has just been boiled  
1 cup dry white wine  
1 pound whole-grain fettuccine, cooked according to package directions, drained, and kept warm  
1 cup Tofu Sour Cream (recipe follows)  
Chopped parsley

Place the shallots in a large skillet and sauté over a medium heat for 8 minutes. Add water 1 to 2 tablespoons at a time to keep them from sticking. Add the garlic and thyme, and cook for another minute. Stir in the salt and pepper, rosemary, and the portobello mushrooms and cook for 10 minutes, stirring occasionally. Add the porcini mushrooms, and their soaking liquid, and the wine. Stir, and cook over medium-low heat for 20 minutes. When the stroganoff is finished cooking, stir in the sour cream. Add the cooked noodles and toss well. Serve garnished with the parsley.

**Tofu Sour Cream** Use this healthy dairy alternative in any dish that calls for sour cream. Serve it with baked potatoes and fresh chives, with tacos or enchiladas, or with Mushroom Stroganoff. Makes 1

cup 1 package extra firm lite silken tofu, drained  
1 tablespoon lemon juice  
1 tablespoon red wine vinegar  
Salt to taste

Combine all ingredients in a blender and puree until smooth and creamy. Chill until ready to serve.

"Pure elegance. Del's recipes show just how sophisticated plant-based cooking can be. If you think gourmet can't be healthy, be delightfully disproved with this book." —Lindsay S. Nixon, author of *The Happy Herbivore Cookbook*, *Everyday Happy Herbivore* and *Happy Herbivore Abroad*

"The recipes in this book are versatile, simple to prepare and, most important, tasty." —VIVMag

"Forks Over Knives meals are good for the body and the pocketbook." —Indianapolis Star

"The arguments for a plant-based

diet in a resource-strapped world are increasingly convincing: It's cheaper, better for the environment, and can be a healthier option." [Philadelphia Inquirer](#) "[Sroufe's] mean green smoothie is a nutrient-rich, fiber-filled, antioxidant-packed dream." [Chicago Tribune](#) "These recipes are so delicious . . . you'll never miss the fat." [Our Hen House](#)

I have been vegan for two years in large part to the Forks Over Knives documentary. However, the recipes in this book are - I'm sorry to say - just plain awful. For some reason the author puts sweeteners in just about everything (especially brown rice syrup) which is unnecessary and tastes bizarre most of the time. This is combined with dull flavors which make the frequently inedible. I've tried about 20 to 30 recipes from this book and have really wanted to like it...I just don't. Best advice: find some great vegan cooking blogs and use those recipes. Otherwise The Passionate Vegetarian is always a good resource.

Healthy and delicious cookbook!

Glad I have this and easy

After the first Forks and Knives cookbook, I couldn't wait for this one to be released and then life happened and I got busy and forgot about it. Later, when I went to purchase it, I discovered that the first edition had mistakes. Well, being a fairly new cook, I decided to wait for a revised edition to come out. Later, after reading a review on here that someone got the kindle edition that was "revised", I couldn't wait any longer. I got the kindle version for my kindle fire and LOVE it. I wouldn't suggest it for the regular kindle...but for the Fire, it is perfect. (which is what I use my Fire for mostly anyways, as a portable recipe book). The kindle edition has links in the recipe and instead of having to flip to that page and follow the accompanying recipe and toggle two different pages at once, I can just tap the link and go back and forth REAL easy! Not to mention increase the font size, as needed. So far, the recipes have turned out great and tasty! I highly recommend this one and if you have a Fire, it makes things a whole lot simpler in the kitchen. This was my first cookbook book on my Fire vs individual recipes that I would "print to kindle" from the web and I will be buying all my cookbooks in the future for my Fire, vs a hard copy!

This has a wide variety of recipes that are easily and quickly made with mostly basic foods you have

in your pantry. I've only tried a couple so far, but many look good and and want to try, that's a good sign. The reason for the 4 stars is I have the kindle version and am a bit disappointed the actual recipes aren't listed. There is no just tapping on a recipe and go to it. The contents list it in categories like breakfasts and hot cereals, etc. So you have to either bookmark the ones you like or scroll through the pages in that category to find the recipe. I forget what recipes are there and sometimes like to scroll through the recipes to something I may like, but that ain't happening here. A lot of these look more appetizing than McDougalls recipes. They have smoothies, granola's and muesli(which is nice b/c most granola's contain oils). Glad I bought it.

i love this product

Bought this book after watching the movie and switching to a vegetarian/vegan diet. It has many great recipes to get you started on a plant based diet. Also great for the long time veg head. So many recipes, some simple, some complicated but definitely something for everyone. I like how the recipes are divided by dish type (grains, beans, pasta, etc). Having more pictures would be great because being able to see the recipes always makes me want to make it more but there are a few in the middle so that's good. One of my favorite recipes "Purple Potato Kale Salad with Cilantro Tahini Dressing" is a must try!

Excellent ideas for meals if you are going vegetarian. Easy to make and they are very tasty. The hummus spread is extremely easy and tastes better than I could get in the store.

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