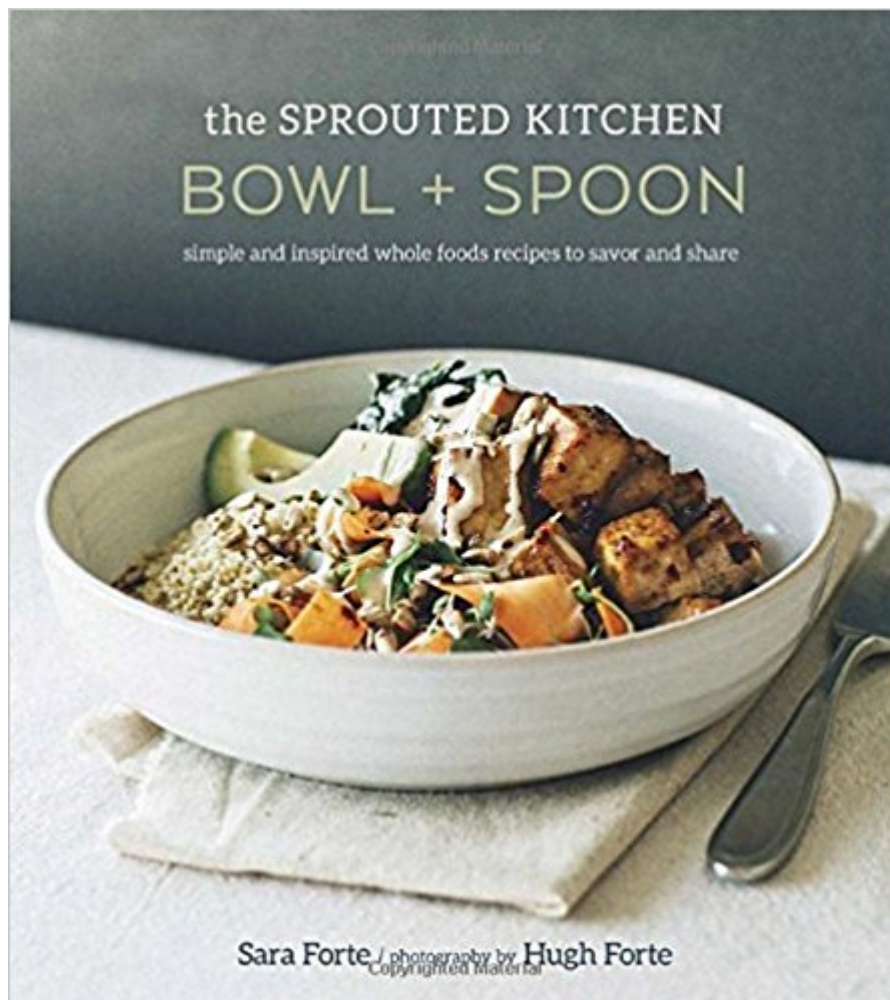




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The Sprouted Kitchen Bowl And Spoon: Simple And Inspired Whole Foods Recipes To Savor And Share



Synopsis

In this follow-up to her successful first book, *The Sprouted Kitchen*, blogger and author Sara Forte turns her attention to bowl food, which combines vegetables, whole grains, and lean proteins in one vessel to make a simple, complete, and nutritious meal. The bowl is a perfect vessel in which to create simple, delicious, and healthy meals. When gathered together in a single dish, lean proteins, greens, vegetables, and whole grains nestle against each other in a unique marriage of flavor and texture. This is how Sara Forte, beloved food blogger and author of the James Beard Award-nominated book *The Sprouted Kitchen*, cooks every day—creating sumptuous recipes colorful enough to serve guests, simple enough to eat with a spoon while sitting on the couch, and in amounts plentiful enough to have easy leftovers for lunch the next day. In this visually stunning collection that reflects a new and healthier approach to quick and easy cooking, Sara offers delicious, produce-forward recipes for every meal, such as Golden Quinoa and Butternut Breakfast Bowl; Spring Noodles with Artichokes, Pecorino, and Charred Lemons; Turkey Meatballs in Tomato Sauce; and Cocoa Nib Pavlovas with Mixed Berries.

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Customer Reviews

“We love that Sara’s recipes are always focused on real ingredients, simple to prepare, and undoubtedly delicious. The bowl theme is brilliant and exactly how we prefer to eat our everyday meals.”—David Frenkiel & Luise Vindahl, cookbook authors and creators of the blog *Green Kitchen Stories* “A cookbook celebrating

one of the most ancient and satisfying culinary vessels is a welcome addition to my kitchen. And, as many know, Sara Forte has a knack for dreaming up nutritious and vibrant dishes. With The Sprouted Kitchen Bowl+Spoon there is no shortage of brilliant compositions. Simple, enticing, beautifully photographed, this is nourishing food you'll be happy to enjoy.

—Heidi Swanson, author of Super Natural Every Day

SARA FORTE discovered her love for whole foods while working on an organic farm. Soon after, she launched The Sprouted Kitchen blog (sproutedkitchen.com) with her husband, Hugh. Sara's work has been featured in InStyle, Better Homes & Gardens, Sunset, Fine Cooking, The Kitchn, Etsy, Food 52, and EcoSalon, and the blog was a recent finalist in Saveur's Best Food Blog Awards for Best Food Photography.

After I bought this book, I kind of forgot about it among my other cookbooks. Then one day I went on a grain salad kick and decided to try the summer quinoa salad; that's when I realized what a gem had been hiding in my bookshelf all those months! Since then, I have also made the turkey meatballs and the peanut sauce. Everything has been incredible so far, and there are so many more that I am dying to try! The recipes are healthy, well seasoned, and adventurous. The burrata and fig breakfast bowl makes my mouth water, and I was so excited to find recipes that utilized pomegranate molasses, za'atar, and herbs de Provence. These ingredients may seem obscure, but can be purchased online or made at home! Do yourself a favor: if you are on the fence, go ahead and buy this book. You won't regret it!

A beautiful and tasty sequel to Sara's first book, The Sprouted Kitchen. She appeals to my love of a meal-in-a-bowl. Her choice of ingredients and ability to substitute makes this kind of cooking fun. I love her dialogue too, similar to her Sprouted Kitchen blog which I devour. How can you resist making each and every recipe after salivating over Hugh Forte's gorgeous photography? Bravo to Sara and Hugh and can't wait 'til book #3!!!

I love the whole foods approach to Sara's books! These recipes are a little more time intensive because there are so many components to prep separately (a sauce, grains, protein, veggies), but doing some basic prep on the weekends can really speed up the process for weeknight dinners. My favorite recipe for sure is the Chickpea Deli Salad!

Right after I receive this, I didn't hesitate to look for a recipe and try it. It turned out well! I love the pictures and I've been using some recipes here everyday! :)

Love this book. Really like the laid-back feel. The author weaves her story throughout the book. Very simple, tasty, healthy recipes.

This is one of my most-used cookbooks right now. Every recipe I have made from this cookbook has been delicious.

Yet another great book from Sara Forte! Loved simple yet flavorful recipes.

I've been following The Sprouted Kitchen blog for a few years. While the recipes and the photography on the site are outstanding, it is Sara's voice that sets the blog apart from the rest. There is an honesty to her writing that I admire. The Sprouted Kitchen Bowl and Spoon brings with it Sara's clarity in her voice and in her recipes. Hugh's photos are, as always, breathtaking. And I love that the book is devoted to their little son, Curran. It will make him proud. I highly recommend this cookbook, along with their first effort, The Sprouted Kitchen. As a home cook and cook book collector, I am pleased to add this book to my library. Dena@ Gathering Flavors (gathering-flavors.com)

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