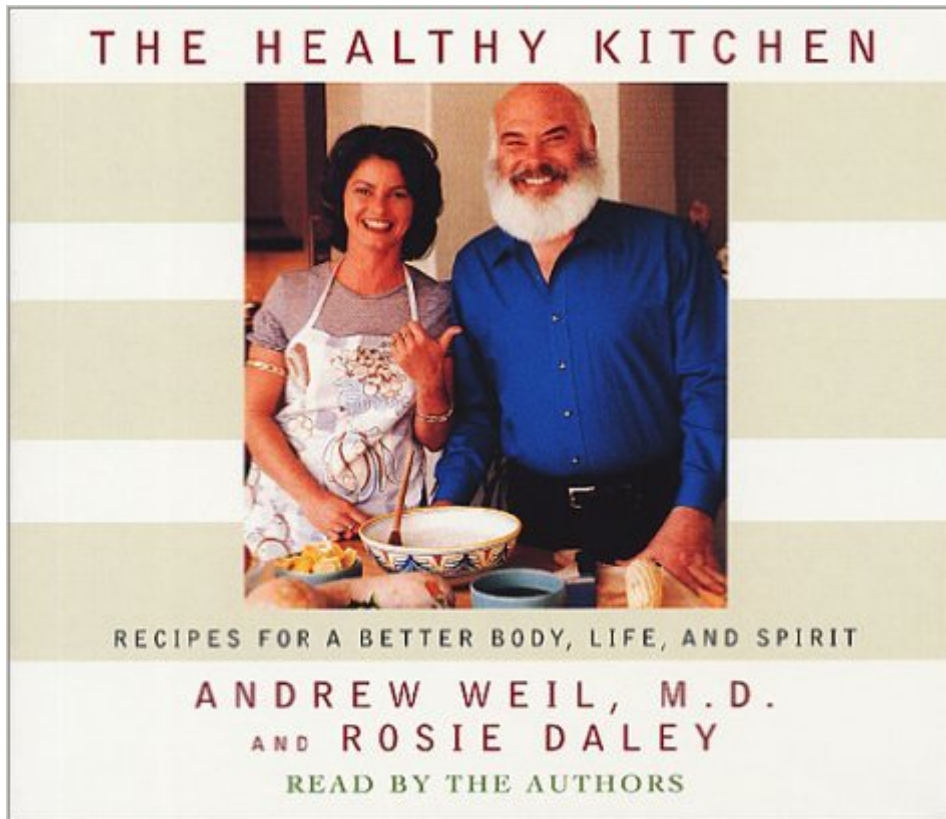


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# The Healthy Kitchen: Recipes For A Better Body, Life, And Spirit



## Synopsis

Read by the authors 2 cassettes, 2 hours 2 CDs, 2 hours Andrew Weil - author of the bestselling *Eating Well for Optimum Health* - brings to this perfect collaboration a comprehensive philosophy of nutrition grounded in scientific fact. Rosie Daley brings to it her innovative style. Their lively dialogue about ingredients and preparation makes clear that there are many approaches to creative, healthy cooking. Information is provided on such subjects as the real meaning of "organic," the safety of our water, the most health-giving oils, how much salt/sugar is good for us - and much more. There are tips on losing weight, developing good eating habits in children and nurturing seniors. *THE HEALTHY KITCHEN* is an audiobook that will forever change the way you cook for yourself and your family.

## Book Information

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## Customer Reviews

I have made quite a few recipes from this book, and have found mistakes in almost all of them. It's as if nobody tested the recipes before the book was published. In one recipe the cooking time had to be almost doubled, in a recipe for muffins there was no mention of using any liquid (juice, milk, oil, etc.) to bind the ingredients together, and a recipe that was supposed to serve 6 people called for using 12 avocados. I have had to adapt most of the recipes because of this problem. I also found that the directions for preparation were sometimes vague. For example, the recipe would say to broil something for 3 minutes, but not tell you if that was total time or on each side. I would have given this book 5 stars if it weren't for the errors. Most of the recipes appealed to me and the commentary by Rosie and Dr. Weil was interesting to read. I suggest that they make corrections and reprint this

book.

This is not your standard cookbook and if it's bought with that expectation, the buyer will no doubt be disappointed in it. The book serves as much as a philosophical treatise on healthy eating as a cookbook, and from that standpoint it's interesting and successful as both a resource and motivational statement. However, the philosophizing takes up quite a bit of space and that results in a surprisingly small number of actual recipes. That scarcity would be a problem if there were a lot of stinkers in the mix, but that is definitely not the case--this is very definitely a "quality over quantity" effort. I gave this to my wife for her birthday early this year and we've tried quite a lot of the recipes, and all have been delicious. Some caveats: These are by and large recipes for the more sophisticated palate--don't expect to find a lot of things that children will like very much. Quite a few of the recipes are time intensive. Planning is essential. One the more intricate offerings, plan to do them on the weekend or when you can take the time to do it right. My personal advice is, when the authors have different visions of how to proceed (a common event here) go with Dr. Weil--Rosie tends to like things on the blander side. Finally, this isn't really constructed to be a "full meal" cookbook. While there are sections for all major meal sections, there isn't often tremendous harmony on a "whole meal" basis. In other words, pick what of this work you want to use and work around it. This is, essentially, a specialty cookbook. Use it that way and you'll find it's a gem.

This is an excellent book -- full of great information ... the only problem is that all of the recipes I have tried so far are lacking something or have an error in the measurements. I am shocked that none of the other reviews have mentioned this. I have always found Dr. Weil's books to be interesting and informative and this book is no exception. Rosie Daley adds a delightful and educational point of view as well. This could be a great cookbook but I am frustrated with having to scrutinize each recipe. I would like to see this book reprinted with the correct recipes.

I was excited at the prospect of this cookbook because I really admire Dr. Weil, his philosophies and his books. Unfortunately the book was a disappointment in many ways. Many of the recipes are complicated and time consuming. I am the mother of four children and don't have the time that's necessary for many of these recipes. Some examples include; Baked Wontons, Vegetable Nori Rolls, Vegetable Lasagna and Savory Lobster-Mushroom Crepe. These were all multi-stepped recipes. You've probably guessed something else at this point, many of the recipes are not little child/family friendly. The thought of Lobster-Mushroom Crepes is enough to send my five, eight and

eleven year old to get the cereal. My sixteen year old may appreciate it. The biggest disappointment to me was that some of the recipes didn't taste good. I made Apple Cake Squares and they were so dry not even a dog would eat them. I made the Eggplant Rollatini with Spinach and Cheese Filling and although the eggplant part was great the Tomatoe Mushroom Sauce it called for was only passable. What I did enjoy was the health tips interspersed throughout the book and the narratives by Dr. Weil and Rosie Daley. I would say again, that this book is not for people who are feeding young children or who are pressed for time at the dinner hour. The recipes are inventive, original, healthy and different but for me it wasn't the best choice.

After reading Andrew Weil's Eating for Optimum Health, I was very excited that he was coming out with a cookbook. I thought the recipes in Eating for Optimum health were very flavorful. I bought The Healthy Kitchen the week it came out and have tried about half the recipes. My overall reaction is disappointment. Andrew Weil only contributed a small number of recipes (his greens with Tangy Dressing is fantastic) and they are as excellent as the recipes in Eating for Optimum Health. The problem is with Rosie Daley's recipes. First of all, she doesn't always use healthy ingredients (some recipes include butter, large amounts of sugar, sour cream, etc.) By far my biggest complaint is how careless her recipes are. The measurements are frequently inaccurate. Some recipes are so spicy they are inedible and others so bland they need a lot of doctoring. The fish tacos is the only recipe of Rosie's that I haven't had to alter in some way. That being said, I would still recommend this book if you are trying to cook in a healthier way. Just approach Rosie's recipe's with a dose of skepticism and your instincts intact.

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