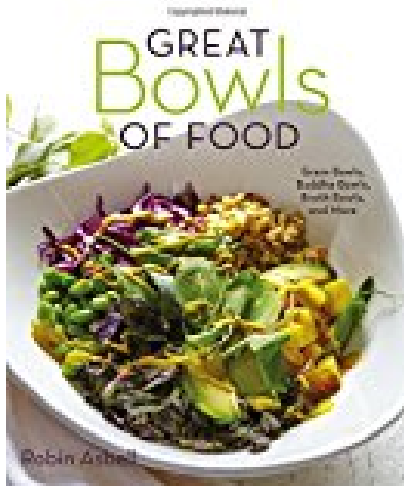


Great Bowls of Food Grain Bowls Buddha Bowls Broth Bowls and More



BOOK DETAILS

- Author : Robin Asbell
- Pages : 208 Pages
- Publisher : Countryman Press
- Language : English
- ISBN : 1581573383

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BOOK SYNOPSIS

Layer up grain, vegetable, protein source and sauce: Everyone loves to eat from a bowl. Whether it's a rice bowl, a grain bowl, or even a low-carb, high-protein Buddha bowl, bowl food eating is easy, delicious, and never dull. In this hip new cookbook, renowned cookbook writer Robin Asbell shares 75 of her favorite bowl food recipes, as well as a handy chart that helps readers to mix and match ingredients at a glance to create the perfect bowl. Recipes include: Paleo Cauliflower Tabouli Bowl with Lemon Mint Dressing Sweet Potato, BBQ Chicken, Corn, and Chips Bowl Rice, Tofu, and Green Bowl with Kimchi and Spicy Spinach Miso Poached Vegetable and Shrimp Noodle Bowl. There's something for everyone here.

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