



# **More Vegetables, Please!: Over 100 Easy and Delicious Recipes for Eating Healthy Foods Each and Every Day (The New Harbinger Whole-Body Healing Series)**

*Elson Haas MD, Patty James MS*

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Is there a vegetable boycott in effect in your family? Tempt them with the delicious recipes for hummus, macaroni and cheese, pizza, and chicken pot pie in **More Vegetables, Please!** and you'll learn that even finicky eaters are surprisingly easy to reform.

Created by renowned doctor and nutrition specialist Elson Haas and natural chef and nutritionist Patty James, the recipes in this book-over 100 in all-offer fresh ideas for changing the way you prepare vegetables to make them appealing, even to picky eaters. You'll learn how to make simple transitions into healthier eating with tasty, easy-to-prepare sauces and spreads, sandwiches, entrees, and even desserts that incorporate these naturally nutrient-rich foods. Soon, even the most anti-veggie factions will be not only eating, but enjoying vegetables each and every day.

- Adding vegetables to your family's favorite dishes
- Making vegetables taste good with seasonings and sauces
- Changing your vegetable choices with the seasons
- Encouraging the whole family to get excited about food and nutrition

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