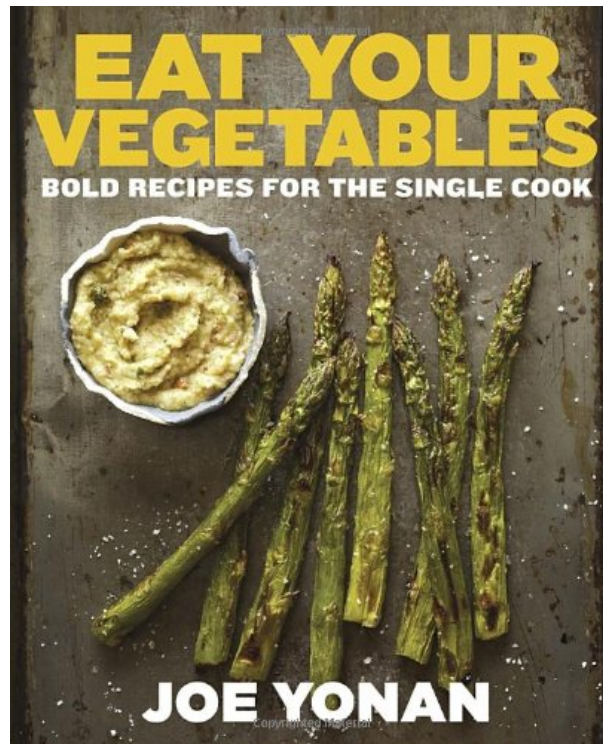
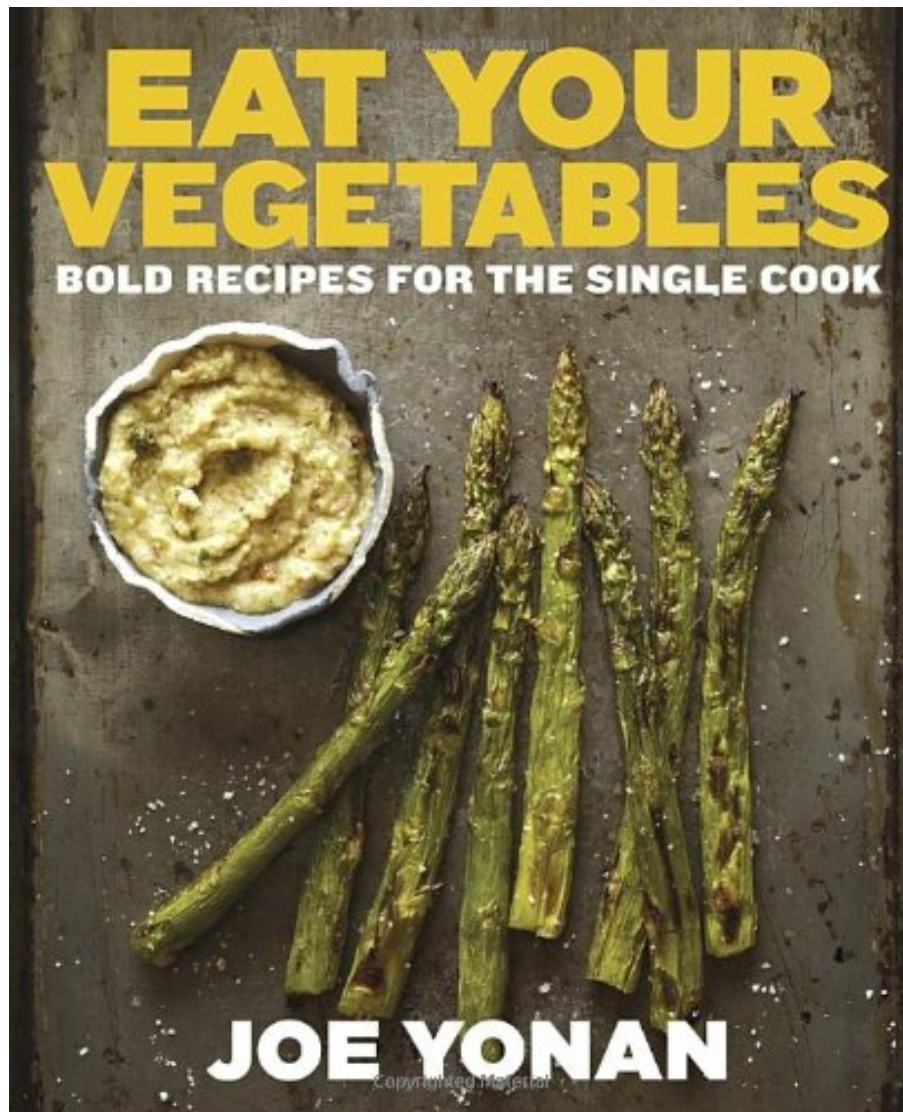


# **EAT YOUR VEGETABLES: BOLD RECIPES FOR THE SINGLE COOK BY JOE YONAN**



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## Review

"It's not to be missed, even if you're not single or strictly vegetarian!"

-- Dana Velden, [TheKitchn.com](http://TheKitchn.com)

"Simple, unexpected flavor combinations that pack a memorable punch. This book has seriously upgraded my weeknight meals."

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"Strong flavors and inventive combinations fill this collection to tempt all cooks, single or not. The utter lack of dogma in the book keeps the emphasis where it should be: on making delicious food."

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Minty Pea Soup with Pea and Feta Toast

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1 1/2 cups freshly shelled English peas (may substitute thawed frozen peas)

2 tablespoons crumbled feta

- 2 tablespoons extra-virgin olive oil
- 2 slices baguette or 1 large slice bread, toasted
- 8 large mint leaves, chopped
- 1/4 cup chopped chives
- 1 cup plain whole-milk Greek-style yogurt
- 1 ice cube
- Sea salt

Bring a medium saucepan of salted water to a boil, then blanch the peas until bright green and tender but not mushy, no more than a few minutes. Drain and let cool.

Remove 1/4 cup of the peas and combine them in a small bowl with the feta. Drizzle with 1 tablespoon of the olive oil, mash with a fork, and spread on the toast.

Reserve a pinch each of the mint and chives for garnish. Combine the rest with the remaining 1 1/4 cup of peas, the yogurt, and the remaining 1 tablespoon of olive oil in a blender, add the ice cube, and blend until very smooth and frothy. Add a little water if needed to thin the soup. Taste and add salt as needed. Pour into a bowl, sprinkle with the reserved chopped mint and chives, and eat with the pea and feta toast.

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This just in: *Eat Your Vegetables* has been named among the best cookbooks of 2013 by *The Atlantic*, *The Boston Globe*, and NPR's "Here and Now"! It's a collection of eclectic vegetarian and vegan recipes for singles, vegetarians in meat-eating households, couples who are looking for creative side dishes, and anyone hungry for plant-focused, smaller-portion recipes, from the beloved *Washington Post* editor and author of *Serve Yourself*.

Whether you're a single vegetarian, an omnivore who's looking to incorporate more vegetables in your life, or a lone vegetarian in a meat-eating household, you know the frustrations of trying to shop, plan, and cook for one, two or a few. How to scale back recipes? What to do with the leftovers from jumbo-sized packs of ingredients? How to use up all the produce from your farmer's market binge before it rots?

There's no need to succumb to the frozen veggie burger. With *Eat Your Vegetables*, award-winning food editor of *The Washington Post* and author of the popular *Weeknight Vegetarian* column, Joe Yonan serves up a tasty book about the joys of solo vegetarian cooking. With 80 satisfying and globally-inspired vegetarian, vegan, and flexitarian recipes such as *Spinach Enchiladas*, *Spicy Basil Tofu Fried Rice*, and *One-Peach Crisp with Cardamom and Honey*, Yonan arms single vegetarians with easy and tasty meal options that get beyond the expected. In addition to Yonan's fail-proof recipes, *Eat Your Vegetables* offers practical information on shopping for, storing, and reusing ingredients, as well as essays on a multitude of meatless topics, including moving beyond mock meat and the evolution of vegetarian restaurants.

It's the perfect book for anyone looking to expand their vegetarian and produce-based repertoire -- even couples, as the dishes are easy to share and scale up. In *Eat Your Vegetables*, Yonan's charming, personable voice and unfussy cooking style encourage home cooks--both new and experienced--to take control in the kitchen and craft delicious veggie-centric meals for one.

- Sales Rank: #168924 in Books
- Brand: Brand: Ten Speed Press
- Published on: 2013-08-06
- Released on: 2013-08-06
- Original language: English
- Number of items: 1
- Dimensions: 9.30" h x .90" w x 7.70" l, 1.88 pounds
- Binding: Hardcover
- 204 pages

## Features

- Used Book in Good Condition

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Most helpful customer reviews

70 of 75 people found the following review helpful.

A shift away from meat  
By I Do The Speed Limit

The title of this book could have been "Eat 'More' Vegetables". This is not a cookbook filled with recipes focusing on vegetables: This is a cookbook filled with recipes that avoid meat--ranging from less-than-strict vegetarian (as recipes do include eggs, butter, cheese, anchovies and suggestions that bacon or ham hocks can be substituted) to strictly vegan. I say this right up front because, if you are looking at this book since you loved Yonan's "Serve Yourself", the meatless aspect of this book may come as a surprise to you. In that book, published fairly recently in 2011, he was definitely a meat-eater.

So, I would say that this is not so much a book of spectacular vegetable dishes, as a self-help book of recipes and essays to help you start down the road towards eating less meat.

Of course, this cookbook is still about Yonan's belief that singles should--definitely--bother to cook for themselves. The book just suggests, subtly, and by way of the recipes' ingredients, that you can cook without meat and still have a wonderful, fulfilling meal that makes you feel good about yourself. Yonan created this vegetarian cookbook because he observed that there were quite a lot of single people out there who were avoiding meat. And when he thought hard about that, he realized he was moving in that direction also. Come to think of it, just how quick your own personal movement away from meat and towards veggies is, may ultimately depend on where you live, with whom you live, how big your garden is, your culture, or whether you cook for yourself or a family. But, bottom line, aren't we all moving at some rate of speed towards less meat? More veggies, more beans, more grains? So, this is a collection of recipes that celebrate meat-less-ness.

This is not a collection of veggie side dishes. Yes, there are salads, dips, soups, and some sides. But most of the recipes make a full, well-rounded meal for one. And, like those in his first book, these recipes are made for one person--not recipes for four servings that he suggests you freeze for later in small portions. Yes, there are a few recipes that will result in leftovers: Leftover cooked ingredients, or leftover halves of lemons, avocados, half-cans of chipotle peppers or beans. But Yonan either has future plans for those ingredients in another recipe or he provides tips for how to keep the "halves" fresh. These recipes also work quite nicely for two people; just double them.

The chapters are somewhat arranged by cooking process, although the salad, sandwich, and sweets chapters are a mixed bag of cooking techniques. But he does separate oven and stovetop cooking into two chapters. If you are wondering about the "Sweets" chapter I mentioned, it doesn't include veggies, just fruit desserts and a nice chocolate chip cookie with some whole grains. There is also a final chapter that includes some general and pantry recipes. He does a great and simple kimchi, marinated and baked tofu, and pickled golden raisins.

Included in the book are some great essays: "Forget the Clock, Remember Your Food" in which you are reminded that exact timing is not as important as using your senses; one that discusses our changing attitudes towards meat and mock meat, and "The Politics of Cooking", which encompasses much more that I want to sum up here--definitely worth reading, though. Yonan is a great writer.

Here are the recipes that I tried and I liked:

- A kale and mango salad with a lime and ginger vinaigrette; in it the kale is "massaged"--so nice!
- A miso-mushroom omelet, with another kale salad;
- Grilled cabbage with udon noodles and soy-glazed tempeh; I wasn't so hot on the tempeh, (I haven't made it that far down the vegetarian road...), but the cabbage was interesting;
- A basil, lime and tofu dressing; a sesame and miso vinaigrette, and another vinaigrette featuring umeboshi

plums;

--A great vegetable stock that is more a concept than a recipe, (but will change--forever--the ingredients of your stock pot);

--Cheesy Greens and Rice Gratin, that uses Za'atar, garlic, tomatoes and brown rice;

--several recipes that turn a roasted/baked sweet potato into a meal;

--Chicken-fried cauliflower with a miso-onion gravy: Yeah, it works: Even if you roast your cauliflower and spoon the gravy on top;

--And last, but not least, the chocolate-chunk cookies with whole wheat flour, rolled oats and two sizes of coconut.

The recipes are written for an American audience, but there is a handy, readable measurement conversion chart at the back of the book.

I'm giving it a five star rating for those people who are single, who are busy, just starting out, in an apartment and those who don't own a shelf-full of vegetarian cookbooks. If you have a mountain of vegetable, grain and vegetarian cookbooks, you may want to think twice. But, I'll tell you what: Yonan has put together a great assortment of recipes; they are well-thought out and will allow your creativity to blossom. They will also energize you in such a way that you will bother to cook for yourself.

The "Look Inside" feature for this book is thorough and informative, but if you are still undecided about this cookbook, at least give it a try: Ask for it at your local library. There are worthy recipes here for everyone.

\*\*I received a temporary download of this book from the publishers (through NetGalley) in exchange for a review.\*\*

28 of 29 people found the following review helpful.

A good choice for the single vegetarian

By nfmgirl

I have been a pescatarian for 3 years, which means that I eat fish and seafood, but no red meat, pork or poultry. So that means that I eat a lot of vegetarian dishes. I am also single, so that also means that I often have to make way more food than I need.

This book is designed to address both of these issues, as it is vegetarian cooking for one or two people. There is even a handy section that has a list of suggestions for recipes in the book to help you use things like a half of an avocado, or a half a lime, or 1/2 a can of beans, knowing that the biggest problem with cooking when you are single is the leftover ingredients.

The author includes a guide to using the book, and encourages readers/cooks to merely use the recipes as a guide, not as a rule book. I tried several of the recipes. The Fusilli with Corn Sauce (whole wheat pasta, sauteed onions and corn) was fresh tasting and easy to make. The Enfrijoladas with Egg, Avocado and Onion (corn tortillas coated in a bean sauce and topped with copped hard boiled egg, avocado and onion) was a surprising mix of flavors that actually worked well together, despite my reservations. But the best was the Roasted Sweet Potato with Coconut, Dates and Walnuts. Oh so good!

This book was filled with lots of pretty pictures that made everything look so tasty! The only real negative that I have is that there were several things I'm not big on like curry and tofu, and things I'm hesitant about trying like kimchi. So there were a lot of recipes that I didn't want to try right now-- but that's just me!

My final word: Easy recipes for weeknight dining. Interesting flavor combinations. Nothing ordinary here. If

you are looking for some fresh ideas for easy vegetarian dining for one or two, grab this book!

19 of 19 people found the following review helpful.

Deliciously Versatile Vegetarian Recipes

By Jennifer Dickinson

Another hit from Joe Yonan! I am an omnivore looking to add some interest to my already veg-heavy diet. A particular wish of mine is to make more cooked veggie items for lunches instead of buying expensive takeaway salads. This book is perfect for that.

If you do want meat, it is easy to add to many of the recipes (a few slices of bacon alongside the sweet potato, greens and kimchi hash for example). Unlike other vegetarian recipe collections, *Eat Your Vegetables* emphasizes just that - vegetables. While soy products make an appearance, Joe avoids commercially-made meat substitutes. Other proteins include eggs and cheese, which in many cases are easily omitted if you're vegan or simply don't like them. Joe also includes other suggestions to help out vegans (such as substituting miso for oyster and/or fish sauce).

Even more than in *Serve Yourself*, a great many of the recipes become components of other dishes and there are usually several options, e.g., for that big pot of tomato sauce you just made (I think it goes into as many as five other recipes, and of course you can use it on any pasta). As a result, my cooking sessions from this book have involved making several things for use in different ways throughout the week (hearty greens gave me a side to go with some sausage I already had, plus went into hash and the remainder in the freezer for the cheesy greens gratin and a few other things). Joe also continues the theme of how to use up or save leftovers and extras, which is extremely helpful if you're only cooking for one or two people but are stuck with grocery store bundles and packages designed for more.

It is also easy to double the recipes if, like me, you like to have leftovers handy for multiple meals or want to make a meal for two. As with *Serve Yourself*, I find that doubling the recipes gives me three and sometimes four small-moderate portions.

You will find new versions of "Classic Joe" dishes here, such as roasted sweet potatoes with various toppings - great for me as I love both recipes from *Serve Yourself*, additional riffs on kimchi, use of Asian and Southwestern US flavors/dishes and a wealth of interesting sandwiches (and I say this last as a non-sandwich person. Joe's sandwiches are always good). There is a lot brand new here as well, given the veggie focus, such as the savory tart ideas, nut butter and dried fruit sandwiches and additional desserts.

Finally, perhaps the thing I appreciate most about both of Joe's books is that he is the real deal (culinary school graduate, professional food writer) and I think that is why so many of his recipes turn out, for me anyway, to be the best version of whatever it is that I have cooked (hearty greens and tomato sauce with a kick being two examples from *Eat Your Vegetables*). While I have enjoyed recipes and cookbooks by others without that pedigree, I personally have found more "duds" among those collections and none among the many I have made from Joe's books. Similarly, unlike other "cooking for one" books, Joe's recipes are modern and innovative, even when they hearken back to American classic comfort food. Others in the genre seem to focus on scaling down, whereas Joe has really created an entirely new model (and yes, there are some politics around that BUT -- easy to disregard or, like me, you may devour the essays too, nodding all the while).

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Be the first that are reviewing this **Eat Your Vegetables: Bold Recipes For The Single Cook By Joe Yonan** Based upon some factors, reading this e-book will certainly offer even more perks. Also you have to review it detailed, web page by page, you can complete it whenever and wherever you have time. Once much more, this online e-book Eat Your Vegetables: Bold Recipes For The Single Cook By Joe Yonan will certainly offer you simple of checking out time and also task. It additionally offers the encounter that is inexpensive to reach and obtain greatly for much better life.

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—David Lebovitz, author of *Ready for Dessert* and *The Sweet Life in Paris*

#### About the Author

Joe Yonan is author of *Serve Yourself: Nightly Adventures in Cooking for One* (Ten Speed Press, 2011), which *Serious Eats*, the *San Francisco Chronicle*, and blogger David Lebovitz named one of their favorite books of the year. The book was an outgrowth of his monthly column, *Cooking for One*, for *The Washington Post*, where he is Food and Travel editor.

Before working at the *Post*, Joe was a food writer and Travel editor at *The Boston Globe*. His writing for the *Post* and the *Globe* has appeared in multiple editions of the *Best Food Writing* anthology, and he has won awards from the James Beard Foundation for best newspaper food section, the Society of American Travel Writers for best large-circulation newspaper travel section, and from the Association of Food Journalists for his *Cooking for One* column.

Born in Georgia and raised in West Texas, he got the cooking bug from his Indiana-born mother, who let him shop for the family groceries starting at age 8 and indulged his demands to use her stand mixer because he thought it was so cool. He spent 2012 living with his sister and brother-in-law in southern Maine to learn about (and help with) their homestead, where they are trying to grow as much of their food as possible.

Joe holds a professional chef’s diploma from the Cambridge School of Culinary Arts outside Boston and a bachelor of journalism from the University of Texas at Austin. He lives in Washington, DC.

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Minty Pea Soup with Pea and Feta Toast

On a hot day, I want a cold pureed soup. This one goes down almost like a green smoothie, but I turn it into a meal by holding out some of the peas, mashing them with feta, and spreading it on thin toast as if it were the world’s largest crouton. (There’s a fine line between a smoothie and a cold soup; it’s mostly a matter of the serving vessel and the garnish, isn’t it?) By the way, I don’t recommend low-fat or nonfat yogurt here, because the result can be slightly chalky rather than silky.

- 1 1/2 cups freshly shelled English peas (may substitute thawed frozen peas)
- 2 tablespoons crumbled feta
- 2 tablespoons extra-virgin olive oil
- 2 slices baguette or 1 large slice bread, toasted
- 8 large mint leaves, chopped
- 1/4 cup chopped chives
- 1 cup plain whole-milk Greek-style yogurt
- 1 ice cube

Sea salt

Bring a medium saucepan of salted water to a boil, then blanch the peas until bright green and tender but not mushy, no more than a few minutes. Drain and let cool.

Remove 1/4 cup of the peas and combine them in a small bowl with the feta. Drizzle with 1 tablespoon of the olive oil, mash with a fork, and spread on the toast.

Reserve a pinch each of the mint and chives for garnish. Combine the rest with the remaining 1 1/4 cup of peas, the yogurt, and the remaining 1 tablespoon of olive oil in a blender, add the ice cube, and blend until very smooth and frothy. Add a little water if needed to thin the soup. Taste and add salt as needed. Pour into a bowl, sprinkle with the reserved chopped mint and chives, and eat with the pea and feta toast.

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