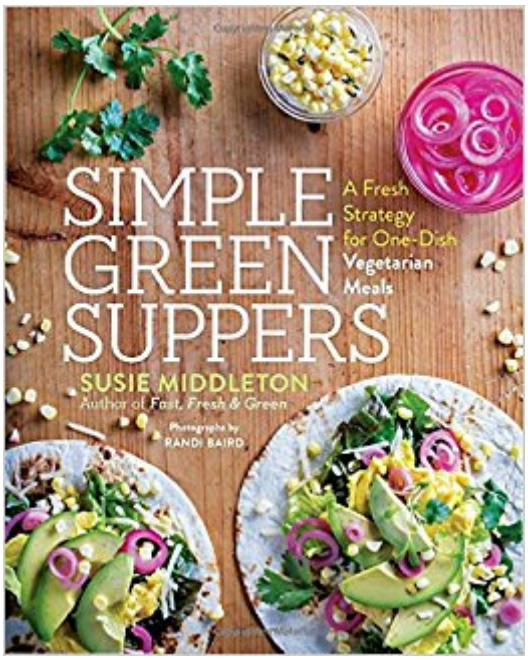
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Simple Green Suppers: A Fresh Strategy For One-Dish Vegetarian Meals



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Synopsis

The ultimate game plan for complete one-dish vegetarian suppersÃ¢â ¬â •for anyone aspiring to eat a more plant-based diet. Ã Â Discover the pro-veggie, pro-flavor way to prepare fresh, healthy, high-quality plant-based dinners. In Simple Green Suppers, Susie Middleton demonstrates how to prepare seasonal vegetables in satisfying, filling suppers by pairing them with staple ingredients: noodles, grains, beans, greens, toast, tortillas, eggs, and broth. How you cook your veggies and how you combine them with other satisfying whole foods is the secret to delicious results. With 125 recipes for flavorful and veggie-forward dishes, tips on keeping a flexible and well-stocked pantry, and make-ahead and streamlining strategies, Simple Green Suppers is an essential resource that will make cooking delicious, easy vegetarian meals possible every night.

Book Information

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Customer Reviews

Ã¢â ¬Å“Susie MiddletonÃ¢â ¬â„¢s Simple Green SuppersÃ¢â ¬â •and her genius strategy for turning seasonal vegetables into flavorful, inventive, one dish dinnersÃ¢â ¬â •is the solution to the perennial question: what should I cook for supper tonight? Middleton shows that the path towards more satisfying and simple dinners at home is to put flavor first. Each recipe is crafted to bring the best qualities of seasonal vegetable forward and to amp up their flavor with sauces, seasonings, and herbs. Chock full of tips for making the most of the food you have in your larder and fridge, this is a cookbook that vegetarians and omnivores alike will reach for again and again.Ã¢â ¬Â•Ã¢â ¬â •Willi Galloway, author of Grow Cook Eat Ã¢â ¬Å“Simple Green Suppers is

full of my kind of comfort food: nourishing, veggie-centric, one-dish meals. I love SusieÃ¢â ¬â„¢s warm voice and confident guidance in building a pantry to accommodate the many inspired dishes in this book.Ã¢â ¬Â•Ã¢â ¬â •Kimberley Hasselbrink, author of Vibrant FoodÃ Â "If you like your meals fresh and frugal, try this practical guide to vegetarian convenience cooking."Ã¢â ¬â •Library JournalÃ Â

Food writer SUSIE MIDDLETON is the author of three cookbooks:Ã Â Fresh from the Farm: A Year of Recipes and StoriesÃ Â (Taunton Press, 2014),Ã Â The Fresh & Green Table(Chronicle Books, 2012), andÃ Â Fast, Fresh & GreenÃ Â (Chronicle Books 2010). The former chief editor and current editor-at-large forÃ Â Fine CookingÃ Â magazine, Susie lives year-round on Martha's Vineyard. Known for her vegetable expertise, Susie maintains a popular blog about cooking vegetables at sixburnersue.com, and she writes and photographs a regular farm-to-table column and frequent features forÃ Â Martha's VineyardÃ Â magazine. She is a consultant to Edible Communities and a featured blogger on www.ediblefeast.com. She writes and develops recipes forÃ Â Vegetarian TimesÃ Â magazine andÃ Â Fine CookingÃ Â and contributes toÃ Â The Huffington Post.

Another great contribution by Susie Middleton. This one hits the sweet spot for our busy lives with wonderful recipes of vegetarian dinners!

I have all of her cookbooks and this one is her best! Simple, creative and well-thought out recipes that are so inspiring - and I'm not even a vegetarian. Her "index of bonus recipes" of sauces, dressings, broths and more is a truly a "treasure chest" as she espoused. Because she teaches technique rather than rote recipes they will be easily adaptable to one's taste. Just made the grilled naan "pizza" with roasted cherry tomatoes, lemon-thyme feta, cucumbers and basil. Delicious and beautiful! I haven't seen a single recipe that doesn't entice me. Highly recommend this book!

I love the recipes (especially the author's healthy take on Mexican flavors) and the advice on making choices in the store and in the kitchen, the book's layout and all the photographs. I'm not a vegan, so although I do eat a mostly plant-based diet, I actually enjoy having recipes that feature eggs and cheese. However, the "green suppers" are "simple" as in "not fancy" and "not difficult" - which is not the same as "quick" and "using few ingredients." Many dishes require quite a few steps, and call for several ingredients, often in weird amounts. I cook mostly for myself, so when I am

presented with a recipe that calls for 1/2 cup of black beans, a few sprigs of cilantro, and half avocado, I have a choice of either increasing the number of servings (and therefore meals) or planning to use the ingredients in another meal or throwing out the leftovers from, let's say, an opened can of beans or skipping an ingredient that does not seem essential. I think the best way to use this book - I believe this was to some extent the author's intention - is to really plan ahead menu for the week, and have some of the ingredients on hand to use in different dishes (e.g. salsas, green rice, roasted veggies) or make peace with the fact that next three lunches are quesadillas with butternut squash and black beans. Overall, it is a great book, but not necessarily for someone who expect to find a minimalist approach to the length of the shopping list and time spent in the kitchen.

This is one amazing cook book! I've made four recipes in the week I've had this cookbook: Red Quinoa and Kale Salad (p 47), Spring Miso Soup (p 209), Quick Tomato Soup (218), and Indian Curry (p 76). All have turned out great, even with early spring vegetables. The only one that took any time is the "quick" tomato soup. Not a lot of hands-on time, but you have to roast the tomatoes (30 min) and then cook the soup (another 30 min). As others have commented, this is beautifully laid out. I just hope the binding holds up to all the wear it's going to get!

If your pantry has noodles,grains,beans and toast,tortillas, eggs and broth you are all set to pair seasonal vegetables with the recipes in this book. Lots of pictures as well as sections of tips and strategies. Ingredients are clearly listed on the left of each page and directions on the right. Serving sizes are directly under the recipe name. She uses stir fry and oven for cooking as well as stove top skillets and Dutch oven pots. Contents are divided into sections that duplicate the pantry list above. An excellent book for those who like single dish meals, whether vegetarian or not. This cookbook is a neat new fresh way to cook.

This is, as the title promises, a book of vegetable forward family dinners that strives for the unctuousness of meat-meals, the delciousness of deeply layered flavors, and the freshness of right from the garden produce. It is a beautiful tome, with lots of enticing full-page bleed photos from Randi Baird, that makes you want to dive in and start cookingMs. Middleton approaches the organization of her one-dish family suppers from an unusual perspective; each chapter focuses on a specific, but varied, base to which veggies are added: noodles, grains, beans, leaves, toasts, tortillas, eggs and broths. And each of those bases covers the whole landscape of, for instance, noodles - soba, udon, rice noodles, pasta, couscous, somen, egg. If you "go with" this

horizon-broadening perspective, it can really step up the nightly dinner grind - and add some fun to the shopping and prep. Each chapter is preceded by a couple pages of useful "Tips and Strategies" - including prepping your larder. These aren't ten minute projects and the ingredient lists can be a little bit daunting, but most can be executed well within an hour - and the results are far from fast food. There are some new concepts and fresh, upgraded re-works of old favorites.But be aware this not a totally plant-based book. There is a chapter, as noted, on eggs and some dishes in other chapters include cheese and dairy. But most of these ingredients are, IMO, easily substituted with vegan replacements since they are not center stage - or simply skipped. The egg chapter may be doable with the new Follow Your Heart VeganEggs (if you don't have an issue with a primary ingredient - algal).Note that the number of servings varies from two to three to four. So that means doubling or halving depending on your situation. As an empty-nester, I welcome recipes for two since I often find myself cooking the whole recipe for four - and then there are often no leftovers! The scale speaks.I am looking forward to cooking my way through this lovely book and will post some of the results - especially when I've used dairy or egg replacements.

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