

Great Recipe Books and Other Resources

Looking for quick, easy and nutritious recipes? Here are some sources that you might find helpful! As the health conscious mother of a youngster, I've found these cookbooks to be invaluable. If you have any to add to the growing collection, please contact me so we can share our ideas with others! (Anke's favorites are in *italics*)

Family Cookbooks

1. *Immunity Foods for Healthy Kids*, Lucy Burney, ISBN 0-00-769582-9
2. *Better Homes and Gardens Low Fat and Luscious*, ISBN 0696203731
3. *Grains, Rice, and Beans*, Kevin Graham, ISBN 1885183089
4. *Fix It and Forget It Cookbook*, ISBN 1561483397
5. *The Whole Foods Market Cookbook*, ISBN 0609806440
6. *Fiber and Bran Better Health Cookbook*, ISBN 051736168

Vegetarian

1. *Better Homes and Gardens Low Fat and Luscious Vegetarian*, ISBN 0696207273
2. *Moosewood Cookbook*, Mollie Katzen, ISBN 0913668680
3. *Still Life with Menu Cookbook*, Mollie Katzen, ISBN 0898152364
4. *The Enchanted Broccoli Forest*, Mollie Katzen, ISBN 0898150787
5. Any Mollie Katzen book, there are many. Look them up under Amazon.com or your favorite bookstore
6. *From Asparagus to Zucchini*, A Wisconsin CSA guide, ISBN 0972121781

Cookbooks for Children

1. *Salad People and More Real Recipes*, for Preschoolers and up, Mollie Katzen,
2. *Immunity Foods for Healthy Kids*, Lucy Burney, ISBN 0-00-769582-9

Others resources

1. Whole Foods Market has a monthly publication at their checkout for free called "Taste For Life", and several other free recipes cards available at their customer service desk and in a kiosk
2. This web site lets you input the foods you have on hand, and will give you a recipe to use for those foods (if it's available)
<http://search.allrecipes.com/Recipe/Default.aspx>