



Martha Stewart's Vegetables: Inspired Recipes and Tips for Choosing, Cooking, and Enjoying the Freshest Seasonal Flavors

By Editors of Martha Stewart Living

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An essential resource for every cook

In this beautiful book, Martha Stewart—one of America's best-known cooks, gardeners, and all-around vegetable lovers—provides home cooks with an indispensable resource for selecting, storing, preparing, and cooking from the garden and the market. The 150 recipes, many of which are vegetarian, highlight the flavors and textures of everyday favorites and uncommon varieties alike. The recipes include:

- Roasted Carrots and Red Quinoa with Miso Dressing
- Swiss Chard Lasagna
- Endive and Fennel Salad with Pomegranate Seeds
- Asparagus and Watercress Pizza
- Smoky Brussels Sprouts Gratin
- Spiced Parsnip Cupcakes with Cream Cheese Frosting

Martha Stewart's Vegetables makes eating your greens (and reds and yellows and oranges) more delicious than ever.

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Editorial Review

About the Author

MARTHA STEWART is America's most trusted lifestyle expert and teacher and the author of more than 80 books on cooking, entertaining, crafts, homekeeping, gardens, weddings, and decorating.

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Rainbow Carrots and Chard

Taste the rainbow: Carrots come in an array of beautiful colors. For this striking side dish, we blanched a variety of colors just until tender and bright, then tossed them with a lemon vinaigrette and the color-coordinated stems of rainbow chard.

SERVES 4

1 pound small carrots, trimmed and scrubbed
Coarse salt and freshly ground pepper
1 bunch rainbow Swiss chard, stems trimmed (leaves reserved for another use)
2 tablespoons fresh lemon juice, and ½ lemon, thinly sliced into rounds
1 teaspoon sugar
¼ cup extra-virgin olive oil
Fresh mint leaves, for serving

1. Prepare a large ice-water bath. Cook carrots in a pot of generously salted boiling water until crisp-tender, about 7 minutes. Transfer to ice bath until cool, then remove with a spider and pat dry.
2. Cook chard stems in boiling water until crisp-tender, about 4 minutes. Transfer to ice bath, drain, and pat dry.
3. Whisk together lemon juice, and sugar in a small bowl; season with salt and pepper. Add oil in a slow, steady stream, whisking until combined.
4. Combine carrots, chard, and lemon rounds in a large bowl. Toss with some dressing, then transfer to a platter. Top with mint and serve.

Users Review

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Exactly why? Because this Martha Stewart's Vegetables: Inspired Recipes and Tips for Choosing, Cooking, and Enjoying the Freshest Seasonal Flavors is an unordinary book that the inside of the e-book waiting for you to snap it but latter it will shock you with the secret that inside. Reading this book beside it was fantastic

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