

[PDF] Cooking The Whole Foods Way: Your Complete, Everyday Guide To Healthy Eating

Christina Pirello - pdf download free book

Books Details:

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Author: Christina Pirello

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Description:

Christina Pirello turned to a whole-foods diet after being diagnosed with terminal leukemia at age 26. To the shock of her doctors, and without any medical treatment, she went into complete remission. She was surprised herself, as she'd been a vegetarian for more than 10 years and wasn't convinced that cutting prepackaged foods, sugar, and dairy from her diet would make that much of a difference to her health.

Pirello says, "Macrobiotics is an understanding that that food is energy, that everything we eat becomes part of us and helps create who we become." With this philosophy in mind, she advises how to plan menus, shop for quality ingredients, and combine foods for optimum energy. She then jumps

right into her collection of more than 500 recipes, among them Fresh Corn Chowder, Béchamel Sauce, and Chocolate Hazelnut Torte. They should appeal to entire families; beans, tofu, and sea vegetables do figure prominently in many dishes, but rarely have these much-maligned ingredients sounded so tantalizing. Pirello's sassiness, adventuring spirit, and lust for life are readily apparent in these recipes, and her book should certainly help make the transition to a whole-foods lifestyle a smooth one. --*Erica Jorgensen*

From Library Journal Fifteen years ago, Pirello was diagnosed with terminal leukemia and given fewer than six months to live; with no other real options, she reluctantly listened to a friend who introduced her to macrobiotic cooking. She eventually adopted that diet and within months was in total remission?so it's understandable that she has become a champion of macrobiotics. She and her husband run a cooking school in Philadelphia, and this cookbook is a companion to her new PBS series. Pirello's recipes demonstrate that there's more to a macrobiotic diet than brown rice, and her exuberance and sense of fun show that macrobiotics doesn't have to be dreary. It's too bad that the headnotes often refer to various healing and other properties of certain foods without explaining the basis of such beliefs. Nevertheless, subject and other large cookbook collections will want Pirello's natural foods guide.

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