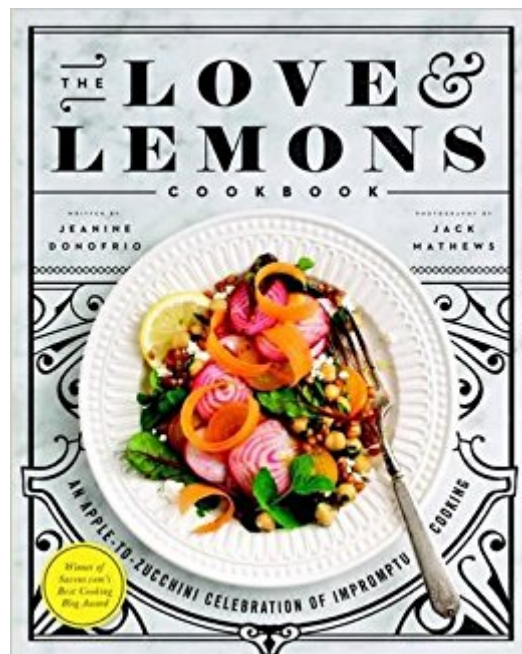




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# The Love And Lemons Cookbook: An Apple-to-Zucchini Celebration Of Impromptu Cooking



## Synopsis

Sometimes all you need is a little spark of inspiration to change up your regular cooking routine. The *Love & Lemons Cookbook* features more than one hundred simple recipes that help you turn your farmers market finds into delicious meals. The beloved *Love & Lemons* blog has attracted buzz from everyone from bestselling author Heidi Swanson to *Saveur* Magazine, who awarded the blog Best Cooking Blog of 2014. Organized by ingredient, *The Love & Lemons Cookbook* teaches readers how to make beautiful food with what's on hand, whether it's a bunch of rainbow-colored heirloom carrots from the farmers market or a four-pound cauliflower that just shows up in a CSA box. The book also features resources to show readers how to stock their pantry, gluten-free and vegan options for many of the recipes, as well as ideas on mixing and matching ingredients, so that readers always have something new to try. Stunningly designed and efficiently organized, *The Love & Lemons Cookbook* is a resource that you will use again and again.

## Book Information

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## Customer Reviews

A Publishers Weekly bestseller "Happiness itself is tossed into every bowl." "The New York Times Book Review" "The most beautiful cookbook we've ever seen." "Bon Appetit" "As much a recipe book as it is kitchen strategy | sunny and appealing, and the design of the book is great." "Epicurious" "Blogger, cook and author Jeanine Donofrio's blog, *Love and Lemons*, is a wealth of delicious, veggie-forward recipes and her cookbook is truly a love song to

clean, healthy eating. • "Design Sponge • "This cookbook is organized by vegetable and fruit, and the photos of the dishes are works of art. This book would be a great gift • "Dayton Daily News • "Jeanine Donofrio's plant-centric recipes are as beautiful as they are tasty • "Mind Body Green • "We love this book featuring a spring fruit that we can't stop squeezing year-round. The sunny citrus brightens our lives and food, especially with the help of this beautiful book, Love and Lemons. • "Chowhound • "The Love & Lemons Cookbook features more than one hundred simple recipes that help you turn your farmers market finds into delicious meals. • "The Atlanta Journal Constitution • "Bursting with clean, colourful photography and tantalizing flavour combinations • "The Toronto Star" Jeanine has mastered the art of quick and easy, yet elegant, vegetarian cooking. You'll find yourself coming back to these lightning-fast recipes again and again to make fresh, healthy meals bursting with flavor. • "Angela Liddon, author of The Oh She Glows Cookbook • "With inspired, accessible recipes and clean, graphic photography, The Love & Lemons Cookbook is a real standout. Jeanine Donofrio and Jack Mathews are a vegetarian dream team, and this book will have you cooking up delicious, creative, produce-driven weeknight recipes in no time! • "Heidi Swanson, author of Near & Far and Super Natural Every Day • "Jeanine makes fresh, vegetable-centric cooking easy and practical. Even if you're short on time, money, or skill, Jeanine has got you covered with a plethora of inspiring tips and recipes." • "Sara Forte, author of The Sprouted Kitchen and The Sprouted Kitchen: Bowl + Spoon

Jeanine Donofrio is the voice behind Love and Lemons, a cooking and lifestyle blog inspired by vibrant seasonal food. She creates the recipes; her husband, Jack Mathews, helps taste-test; and together they photograph in their sunny Austin, Texas, kitchen. Donofrio's goal is to inspire her readers to get creative with vegetables, whether they're vegan, gluten-free, or just love good food. In addition to winning 2016 Most Inspired Weeknights Dinner blog and 2014 Best Cooking Blog by Saveur magazine, Donofrio has been featured in Redbook, Foodandwine.com, Food52, Refinery29, Self, and many more publications.

The Love & Lemons cookbook is well-designed and easy to use, with easy to prepare recipes for vegans, vegetarians, gluten-free, and anyone generally interested in eating delicious produce. It is organized by fruits & vegetables, with tips on general ways to prepare the produce at the beginning of each section. Since I didn't include a visible index to this cookbook, here are the included recipes (in order): Apple, Brie & Thyme Crostini Cardamom Apple Crisp Apple Fennel Salad Chipotle Apple

GuacamoleApple Radish SlawLemon Roasted ArtichokesArtichoke Crostini with Mint  
PestoFlatbread with White Bean Puree & Asparagus RibbonsMillet Pilaf with Herbs & Grilled  
AsparagusAsparagus Edamame Salad with TarragonAvocado Breakfast TacosAvocado Strawberry  
CapreseAvocado & Fava Bean SaladDark Chocolate Avocado MousseStrawberry Salad with  
Toasted HazelnutsBlackberry Basil BruschettaPB&J with Hazelnut Butter & Strawberry Chia  
JamBlueberry Mango & Mint Ice CreamRaspberry Lemon Dutch BabyLemon Broccoli & Caper  
CouscousCreamy Broccoli SoupSweet Chili Charred BroccoliniBroccoli Rabe & Sunchoke  
OrecchietteCoconut Rice with Brussels SproutsCreamy Miso Brussels Sprout FettucineBrussels  
Sprout Breakfast TostadasShredded Brussels Sprout & Cranberry SaladBrussels Sprout Wraps  
with Almond SauceQuinoa Salad Radicchio CupsAsian Chopped Cabbage SaladEndive with Sweet  
Pea Avocado HummusBalsamic Grilled Radicchio SaladChickpea Salad Sandwich with Crunchy  
Red CabbageVegan Carrot WafflesCarrot Gazpacho with LemongrassCarrot Ribbon  
TacosCarrot-Ginger Grain BowlCarrot & Tomato TagliatelleRoasted Cauliflower Tacos with Chipotle  
CreamRoasted Cauliflower & Red Pepper SoupCurried Cauliflower Fried RiceRoasted Cauliflower  
& Pear PizzaGrapefruit, Quinoa, & Fennel Salad with MintMinty French 75 (the only cocktail)Veggie  
CevicheBeet & Carrot Salad with Sweet Citrus VinaigretteCorn, Tomato, & Mozzarella SaladGrilled  
Mexican Corn SaladElotes & Roasted Chickpea TacosSpicy CornbreadGreen GazpachoCucumber  
Basil & Watermelon SaladCold Sesame Cucumber NoodlesCrispy Baked EggplantGrilled Eggplant  
& Summer Veggie PastaEggplant & Mushroom "Meatballs"Swiss Chard & White Bean TacosPeanut  
Noodle Kale BowlsKale & Fennel Vegetable SoupMango Avocado Collard WrapsMiso-braised  
Mustard GreensWatercress, Feta & Farro SaladHow to Make a Kale Salad (& matrix of  
ideas)Cashew & Caper Dill SpreadSpring Leek Soup with Purple SageAvocado Pesto Mozzarella  
TartinesPortobello Sliders with Pepita PestoCrispy Shiitake BLTSoba with Mushrooms & Crumbled  
HazelnutsShiitake & Spinach Miso SoupGrilled Leeks with Mint PesoSpring Onion PizzasQuinoa  
Tacos with Quick Pickled OnionsSpring Leek & Lemon PastaQuick Pickled OnionsSpring Pea &  
Mint CrostiniFeta & Pea Tendril OmelettePea & Sweet Potato SamosasPoblano  
QuesadillasRoasted Red Pepper & Carrot SoupRed Pepper Feta FrittataBlistered Padron  
PeppersGrilled Pepper & Quinoa Taco SaladSweet Potato Tacos with Apple Radish SlawBaked  
Eggs with Kale, Sage, & Sweet PotatoesLemon Rosemary Roasted PotatoesLoaded Sweet Potato  
NachosCurried Parsnip & White Bean SoupKale Salad with Roasted Root VeggiesParasnip Fries  
with Red Pepper HummusKohlrabi Spring RollsSpring Polenta with Radishes & Garlic  
ScapesVegan Tart Cherry French ToastMango & Daikon Glass Noodle SaladFarm Stand Peach  
PizzasGrilled Peach Salad with Toasted PistachiosTomato Chickpea Tortilla SoupGreen Tomato

Basil Grilled Cheese  
Heirloom Tomato Panzanella with Fresh Oregano  
Simple Fresh Tomato Sauce  
Wheat Berry Delicata Squash Salad  
Butternut Squash Red Curry  
Butternut Squash & Black Bean Enchiladas  
Creamy Pumpkin Brown Rice Penne  
Butternut Squash Risotto & Arancini  
Zucchini Lasagna with Zucchini "Ricotta"  
Double Chocolate Zucchini Muffins  
Summer Squash & Cherry Tomato Pasta  
Summer Squash Succotash

The styling of the book is very similar to the authors' blog, with dreamy photos, lots of white space, and clear directions in a simple font. Every recipe is accompanied by a corresponding photo on the facing page, and most recipes are only one page long, which is something that I love in my cookbooks. The front section gives a brief overview of how their blog came to exist, their style of cooking, what to make when faced with an abundance of produce, as well as what to stock in your pantry. At the end, there's a section that looks a bit like some of the mix & match boxes I loved in Mark Bittman's Kitchen Matrix, with a basic formula and then 4 variations to make it your own for pesto, hummus, salsa, guacamole, and smoothies. That is followed by a short section on basic recipes for cooking grains, pizza dough, sauces, spreads, and dressings. Virtually all of the recipes in this cookbook would be easy to cook on a weeknight within 20-30 minutes, maximally an hour. The ingredients are mostly cheap & easy to find at any of my local supermarkets (in suburban NJ). Many of the recipes are quite simple, but they're combinations that work, the directions are well-written, and the end result is tasty. Jeanine has written recipes that are accessible to anyone, regardless of their skill level. The butternut squash red curry is a perfect rendition of one of my favorite take-out orders, and using this cookbook I can make it for myself in less time than it takes for delivery, and I think it tastes better. There are some new ideas (to me) in here as well, like the zucchini "ricotta", which I am quite excited to find since I've always struggled with making a delicious dairy-free lasagna.

I am not a vegetarian, but this book looks like it will add some exciting new recipes with fruits and veggies to our dinners. The book is divided into the following chapters:

Apples  
Artichokes  
Asparagus  
Avocados  
Berries  
Broccoli  
Brussels Sprouts  
Cabbage & Chicories  
Carrots  
Cauliflower  
Citrus  
Corn  
Cucumber  
Eggplant  
Greens  
Herbs  
Mushrooms  
Onions  
Peas  
Peppers  
Potatoes  
Root Veggies  
Stone Fruits  
Tomatoes  
Winter Squash  
Zucchini & Summer Squash

Recipe Variations for Pesto, Hummus, Guac, Salsa & Smoothies

Each chapter has somewhere between 3 and 5 recipes. Almost every recipes specifies at the bottom if it is gluten free or vegan, and if it isn't most of the recipes provided some way to adapt it to be vegan and/or gluten free. The book itself is gorgeous! So many photos (I'm a sucker for pictures with my recipes), it is a solid hardcover book.

This cookbook is a beautiful gem filled with wonderful vegetable and fruit recipes that make you healthier as you eat them. The crowning achievement of Love & Lemons is the addition of beautifully clear and precise pictures that show exactly how to prepare a recipe and how it should look in its finished form. Failure is not an option with this cookbook!

Always looking for health conscious, simple recipes based mostly on vegetables and grains and anything with lemons.

This book is not only beautiful, but every single recipe is FANTASTIC. I've been cooking almost exclusively out of this book for the past few months and I'm never going to get over it. The meals are so simple and quick and healthy. Even my husband, who hardly eats vegetables, will eat vegetarian because of this book. I buy it as a gift for literally everyone.

I love that you can search for recipes by food item rather than by course! I have Brussel Sprouts I can make a yummy side dish featuring that vegetable - I have asparagus I can make a full-blown entree showcasing that item.

Great recipes and so pretty. I love the smoothie page to inspire different ways to create delicious smoothies.

I like this one a lot. Having recipes arranged by type of fruit or vegetable makes it easy to find a recipe for my impulse buys from the farmer's market. The pictures are appetizing, too.

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