



EASY

Garlic White Bean Basil Hummus



White Bean Basil Hummus Recipe

Gena Hamshaw



White Bean Basil Hummus Recipe:

The Best of the Best Panini Press Cookbook Kathy Strahs, 2019-03-12 Your panini press will become your most versatile friend in the kitchen with *The Ultimate Panini Press Cookbook* a compendium of Kathy Strahs's best 100 panini press recipes beautifully illustrated with new color photos Who knew this simple and easy to use kitchen appliance could do so much Kathy Strahs for one did Creator of the multiple award winning food blog Panini Happy the web's go to destination for panini press wisdom Strahs does wonderful things with a panini press from crafting perfect Italian style panini to building scrumptious and creative grilled cheese sandwiches to making things you never thought you could make on a countertop grill or griddle Dig into these recipes to discover your panini press's impressive range including breakfasts lunches snacks and dinners for the weekday whirl and for relaxing times on weekends About half the recipes in this book a collection of the 100 best recipes from Strahs's earlier book *The Ultimate Panini Press Cookbook* are for panini such as a robust Cheddar Apple and Whole Grain Mustard Panini or a zesty Chimichurri Steak Panini The remaining recipes are for dishes you will be amazed to learn you can make on a countertop grill including quesadillas croques monsieurs brats burgers salads topped with crisply grilled meats and even grilled desserts This beautiful volume will inspire great cooking and fun meals without the fuss or effort

My Daddy Cooks Nick Coffey, 2011-05-26 An alternative title for this book might have been *My Daddy Cooks How to cook delicious and easy family meals in the tiniest kitchen even with the chaotic and messy intervention of a toddler* Stay at home dad Nick Coffey and his toddler Archie captured hearts and captivated taste buds around the world when they launched their video blog MyDaddyCooks.com from their tiny kitchen in Watford In his first book passionate food lover Nick shares over 100 tried and tested recipes for deliciously simple but innovative home cooked dishes Having followed a baby led weaning approach with both his kids Nick's recipes are ideal for anyone adopting the same method with their children From straightforward suppers and one pot dishes such as Oven baked Risotto and Mexican Lasagne to sweet treats and indulgent puddings including Peanut Butter and Chocolate Brownies and Frozen Eton Mess Ice Cream *My Daddy Cooks* is a book you'll use time and again Whether you are a dad or a mum looking for inspiration for kids food or just someone who loves good food *My Daddy Cooks* will liven up mealtimes without you having to spend hours in the kitchen

Let's get dipping Ryland Peters & Small, 2024-06-11 Dive into this deliciously tempting collection of tantalizing dips from familiar classics to new and enticing creations With such a variety of dips now available to buy it's no wonder that the chip and dip is the go to snack for any occasion Whether you're spreading them on bread or crackers dunking in vegetable crudité's breadsticks or hot chips the vast array of choice in the world of dips is truly outstanding Featuring more than 50 recipes for easy homemade dips these recipes are designed to cater for all tastes Choose from cream cheese and mayo based varieties fresh and zingy salsas or fiery sriracha and sweet chilli options Whether you want sociable and relaxed party food for sharing crave indulgent and comforting TV night grazing snacks or simply prefer a healthy alternative to high fat salty snacks check out this enticing

collection and you'll find it here The "I Love My Instant Pot®" Anti-Inflammatory Diet Recipe Book Maryea Flaherty, 2019-10-01 Officially authorized by Instant Pot 175 anti-inflammatory diet recipes to make for the hottest kitchen appliance the Instant Pot for those who want fast delicious meals the whole family will love Chronic inflammation is a major health risk and can wreak havoc on your body contributing to many types of diseases But preventing and or reducing inflammation doesn't have to be an overwhelming challenge Diet particularly one high in processed fatty and sugary foods is one of the main causes of chronic inflammation but by introducing anti-inflammatory meals into your diet you can reduce inflammation and enjoy a healthier lifestyle The Instant Pot can be used to create healthy anti-inflammatory meals that are quick easy and most importantly delicious With 175 recipes and photographs throughout this cookbook is perfect for those who follow an anti-inflammatory diet Whether you are new to the Instant Pot or an expert this easy to understand cookbook takes you step by step through exactly how the Instant Pot works and offers simple recipes that anyone can follow The I Love My Instant Pot Anti Inflammatory Diet Recipe Book shows you how to make satisfying whole food dishes from breakfast to dinner and from snacks to dessert Discover how quick and easy it is to follow the anti-inflammatory diet using everyone's favorite cooking appliance This cookbook makes creating healthy recipes in your Instant Pot easier than ever **Seriously, So Good** Carissa Stanton, 2024-04-16 INSTANT NEW YORK TIMES BESTSELLER Delicious satisfying recipes that are good for your health heart and mind by the beloved blogger and creator of Brocc Your Body Self proclaimed SoCal beach girl Carissa Stanton first earned her nickname Brocc not because of an obsession with broccoli though she thinks it's a damn good veggie but because she hosted weekly girl's nights with her friends who loved to cook eat and move their bodies With Justin Timberlake's Rock Your Body in mind she combined her love of food and created BroccYourBody to start sharing her favorite recipes on Instagram Now Carissa shares with her hundreds of thousands of followers how cooking for yourself after a busy day of work can be just as exciting as relaxing with friends over cocktails and apps Seriously So Good reflects her philosophy of feeling good about what she's cooking and eating by making smart choices without depriving herself of carbs or a splash of cream here and there She wants to remove the anxiety around food by helping us all feel more confident in and out of the kitchen She shares her recipes and balanced outlook to motivate others to experience a stress free cooking approach while enjoying mouth watering meals alone or with loved ones The 100 flavor bomb dishes which are approachable nourishing and always fun include all time favorites such as her viral Greek Style Lemon Chicken Soup a better for you take on fast food with her Fried Chicken Sandwich with Special Sauce and more like Pan Fried Brie with Pistachios and Rosemary Hot Honey Sun Dried Tomato and Feta Turkey Burgers with Jalapeño Tzatziki Brown Butter Lemon Halibut with Asparagus and Olive Oil Whipped Potatoes Chicken Pot Pie Soup with Flaky Biscuits Spicy Ros Spritz Flourless Espresso Brownies Carissa describes her recipes as healthy but not too healthy because health isn't just about being able to run a marathon or eating clean It's about living your life to the fullest **Whole Foods Diet Cookbook** Ivy Larson, Andrew Larson, 2009-06-01

FOR PEOPLE WHO ARE TIRED of counting calories carbs fats and points this book makes nutrition count instead Whole foods are nutrient rich foods These foods offer a complete balance in nutritional value while in their natural unrefined unprocessed state They are high in antioxidants phytochemicals and essential fats and oils and low in saturated fats and sugar Whole Foods Diet Cookbook includes chapters to educate the reader and offers plenty of delicious menus for every occasion It provides a three prong culinary approach to healthy living weight loss disease and illness prevention **The Mediterranean Diet Cookbook for Two** Anne Danahy, 2020-04-14 Set your Mediterranean table for two with perfectly portioned dishes With crisp veggies succulent seafood hearty grains and healthy oils the Mediterranean diet makes nutritious eating a pleasure This cookbook brings its bright flavors and bountiful health benefits to your table with recipes designed for two people Relax and savor a delicious breezy seaside breakfast or a simple rustic dinner all without leaving home Together discover how a Mediterranean lifestyle can reduce the risk of heart disease aid in weight loss and more Change your life with healthy eating by cooking up meals that feature quick prep times and seasonal accessible ingredients like the below CITRUS FENNEL SALAD Bursting with fresh oranges creamy goat cheese and toasted pecans this bright and aromatic salad is like a plateful of sunshine POACHED SALMON WITH MUSTARD HERB SAUCE Poaching rich salmon in a tangy mustard yogurt sauce keeps the fish moist and flaky with an added pop of flavor from dried tarragon GREEK INSPIRED BEEF KEBABS Perfect for grilling on a summer night these colorful beef and vegetable kebabs are marinated in tangy balsamic vinegar and fragrant rosemary CHOCOLATE TURTLE HUMMUS Discover the unexpected magic of chocolate with chickpeas in a sweet twist on a Mediterranean classic Share the healthy Mediterranean diet with someone special This cookbook for two makes it easy to cook in your kitchen and enjoy delicious healthy food together [A Grain, a Green, a Bean](#) Gena Hamshaw, 2025-04-15 In this collection of over 80 delicious plant based recipes nutritionist blogger and author of The Vegan Week explores one simple meal planning formula a grain a green and a bean Gena's fun formula made accessible by her bright recipes is for anyone who wants to consume fewer animal products and not feel unsated doing so also me Emma Laperruque associate director of cooking at Bon App tit and Epicurious This simple trinity of foods lends itself to endless possibilities Gena Hamshaw expands on the nourishing and economical trio with meals that include not only dark leafy greens whole grains and beans but also pasta bread zucchini edamame and tofu She offers an approach to wholesome vegan eating that's welcoming and adaptable to any lifestyle Keeping busy schedules in mind A Grain a Green a Bean includes time saving methods and formulas including sheet pan meals and one pot wonders Bring the beans and grains in your pantry to life with recipes such as Bowls Salads Baked Pita Crispy Chickpeas and Spinach with Curried Cauliflower and Beet Couscous Cheesy Tofu and Watercress Beans and Greens on Bread Kidney Beans and Kale over Savory Waffles and French Onion Brothy Beans and Greens with Garlic Toast Stovetop Meals Red Wien Braised Mushrooms and French Lentils with Farro and Gochujang Pasta with Scallions Kale and Edamame Oven to Table Spinach Lasagna Rolls and Sheet Pan Shawarma Spiced

Soy Curls and Freekeh Basics Cashew Sour Cream and Eggy Tofu Sweet Things Freezer Fruit Crumble and Olive Oil Cake These recipes serve as flashes of inspiration for when you've looked in your cabinets ten times for dinner ideas and still don't know what to make A Grain a Green a Bean will quickly set you up to create an array of beautifully balanced grain bowls soups salads toast and more with the promise of endless possibilities to keep you inspired [The 21-Day Yoga Body](#) Sadie Nardini,2013-11-05 Are you ready for a total body transformation In The 21 Day Yoga Body renowned wellness warrior and lifestyle expert Sadie Nardini gives you a program to renovate your body mind and spirit This fast acting program based on Sadie's potent inspirations real world recipes and unique Core Strength Vinyasa yoga style will turbocharge your results speed up your metabolism build lean muscle and burn fat all while building nutritional savvy and emotional strength Designed to fit into your busy life each day of the three week plan includes a series of daily lifestyle tips new generation yoga poses illustrated with step by step photos breathing and meditation exercises and nutrition tips and recipes vegans vegetarians and meat eaters alike welcome There's even wine Here's what results many people are getting in just 3 weeks A fun fresh yoga practice that's based in cutting edge anatomy for the maximum safety strength flexibility and mind centering benefits for the time you spend on the mat More confidence clarity of purpose a renewed spirit and the ability to know yourself more deeply and act from your truth Daily guidance about how to approach your personal life and relationship challenges and totally rock them A daily meal plan that gives you a new creative relationship with food and reveals how to eat fresh whole and fantastically well for a lifetime Creative action steps to make all these great ideas a reality and create more success for you on all levels So get ready to kick some asana play while you learn and create your most fit fierce and fabulous self ever [Slow Cooker Favorites Vegetarian](#) Adams Media,2018-01-16 The go to guide for using the most popular kitchen appliance the slow cooker to prepare healthy vegetarian dishes featuring more than 150 easy plant based and vegan friendly dishes sure to please everyone at the dinner table A vegetarian diet is healthy nutritious and environmentally friendly Slow Cooker Favorites Vegetarian makes plant based eating even easier with more than 150 vegetarian recipes including more than fifty vegan friendly recipes for your slow cooker Whether you're a dedicated vegetarian vegan or omnivore looking to have more meatless meals you'll be sure to find many new and delicious recipes that will become family favorites With minimal prep work and easy clean up the hardest part is picking which mouthwatering dish to try next

The Quick and Easy Vegetarian College Cookbook Adams Media,2017-07-04 Perfect for college students who want a healthy lifestyle but don't have much time or money this vegetarian cookbook is full of 300 quick easy and budget friendly recipes along with tips and a glossary of cooking terms for a beginner chef Finding time to eat a healthy meal can be difficult for any college student but for those following a vegetarian diet the limited fare in campus dining halls can make it nearly impossible The Quick and Easy Vegetarian College Cookbook can help you create delicious and healthy vegetarian recipes that cost less than takeout and are ready before a deliveryman could arrive In this cookbook you will find 300 recipes that

range from healthy breakfasts to study session snacks perfect for all nighters without the need for a fully equipped kitchen. With the help of a glossary of cooking terms and checklists of essential kitchen and pantry staples, novice chefs can whip up new favorites like Scrambled Egg Burritos, Quick Pasta Pesto, and Mini Goat Cheese Pizza in no time. **What Can I Bring? Cookbook** Anne Byrn, 2007-11-10. The perfect recipes for covered dish parties from The Cake Mix Doctor and author of American Cake and American Cookies. Potlucks and picnics, dinner parties and church socials, fundraisers, reunions, cookouts: it's the busy age of shared meals which means with every invitation comes the question, "What can I bring?" Anne Byrn, an inspired cook, problem solver, and bestselling author of The Cake Mix Doctor cookbook and other books with over 2.6 million copies in print, knows exactly how to answer the question. Cutting through menu block, a condition familiar to everyone who cooks, here are over two hundred delicious suggestions for crowd-pleasing food that's designed to travel. There are finger foods, canapés, and dips galore. Twenty-five surprising salads: White Corn Salad with Fresh Herb Vinaigrette, Papaya and Arugula Salad, Fresh Green Bean Salad with Crumbled Feta Vinaigrette, to name a few. Main dishes for a party from Creole Chicken Spaghetti to White Bean and Spinach Lasagna. Desserts and a full chapter of loaves and other gifts from the kitchen, including Deep Dish Cherry Cobbler and Chocolate Peppermint Ice Cream Cake. Each recipe comes with Tote Notes: how best to transport the dish, Big Batch: how to multiply the dish, and When You Arrive: how to put the finishing touches on the dish. Plus, there are Grab-Gos: super-quick recipes for each section, etiquette tips for working in someone else's kitchen, and a Notes area for each recipe to jot down tips and log in when you made the dish and for what occasion, so you don't repeat yourself.

The Everything Easy Anti-Inflammatory Cookbook Emily Weeks, 2022-12-13. Simple recipes, flexible meal plans, and easy meal prep tips. Cover. **The Everything Low-Cholesterol Cookbook** Laura Livesey, 2023-03-28. Keep your cholesterol levels in check and reduce your risk for developing heart disease and other chronic conditions with these 200 healthy and satisfying low-cholesterol recipes. Is your health care professional concerned about your high blood cholesterol levels? Do you worry that excess weight could have a detrimental effect on your health? Or are you simply looking for a healthier lifestyle? Changing your diet is the most effective way to lose weight and reduce your cholesterol level, and The Everything Low-Cholesterol Cookbook is here to help. This cookbook is your introduction to the benefits of a heart-healthy diet. Learn about cholesterol and its role in heart disease, how lifestyle changes can reduce your risk of heart disease and other chronic conditions, and how losing excess weight can improve your health. You'll also find 200 recipes for satisfying dishes that focus on a rainbow of vegetables and fruits, healthy fats, and satisfying proteins. Each recipe is low in sugar but high in flavor, so you don't have to sacrifice delicious foods to be healthy. *American Heart Association Grill It, Braise It, Broil It* American Heart Association, 2015-06-02. Master 12 easy cooking techniques to make 175 heart-healthy recipes for any night, including slow cooking, grilling, baking, microwaving, blending, stir-frying, steaming, roasting, broiling, poaching, braising, and stewing. Whether you're craving bright summery flavors or a rich meal for a cozy night, you have just minutes to cook, or a

bit of extra time to add some TLC to your dish or you want new ideas for your beloved slow cooker or a chance to try out that wok the American Heart Association Grill It Braise It Broil It is the cookbook for you A primer on each technique helps you make the most of your oven stovetop and favorite appliances while the 175 recipes expand your repertoire of go to meals with tons of delicious variety Try Slow Cooking Madeira Flank Steak Chicken Cacciatore with Pasta Microwaving Black Bean Chili Risotto with Edamame Blending Minted Pea Soup with Yogurt Swirl Peanut Butter and Banana Ice Cream Grilling Mediterranean Tuna Kebabs Honey Balsamic Brussels Sprouts Stir Frying Taco Time Pork Warm Cinnamon Raisin Apples Braising Shrimp and Grits with Greens Pomegranate Pears Stewing Meatless Cassoulet Chicken in Tomato Wine Sauce Steaming Thai Style Chicken Potstickers Peruvian Quinoa Salad Poaching Cheesy Open Face Egg Sandwiches Cod in Green Curry Broth Broiling Sweet and Tangy Scallops Sirloin Steak with Creamy Horseradish Sauce Roasting Asparagus with Dijon Vinaigrette Honeyed Strawberries with Almonds Baking Pork Tenderloin Stuffed with Spinach and Sun Dried Tomatoes Easy Peach Crisp

Everyday Low-Lectin Cookbook Claudia Curici, 2022-11-22 Claudia Curici the leader in empowering a low lectin lifestyle does it again She s back with more amazing recipes to help you enjoy better health better moods and more importantly better tasting foods Get this book and let s start cooking and eating Steven R Gundry MD author of The Plant Paradox Treat your body and taste buds right with more than 100 amazing easy to make and super healthy low lectin recipes Millions of people around the world have adopted a low lectin diet seeking a range of benefits to eliminate toxins in their gastrointestinal tract to lose weight to enhance nutrient absorption and to improve mood Whatever your reasons are for counting yourself part of this nutritional revolution the Everyday Low Lectin Cookbook will make low lectin cooking and eating an incredibly tasty and soul satisfying part of your life Claudia Curici the first low lectin food blogger ever and still the most popular and respected focuses in this book on quick and easy weekday meals for home cooks with busy lives She includes a number of recipes for the Instant Pot or other electric pressure cookers And there are plenty of recipes too for an impressive and fancy weekend meal for company or just for your own family The recipes include Lectin Light Zucchini Bread Chickpea and Roasted Pepper Hummus Chicken and Pomegranate Salad Five Spice Beef Ribs with Parsnip and Celeriac Pur e Cauliflower Alfredo Pasta Apple Galette with Hazelnut Crumble With tips for stocking a low lectin pantry nutritional guidance to help you make sure your low lectin diet is optimal for your well being and lots of original and creative recipes from a masterful cook this is a book that will support your health and delight your senses for years to come

The Spiralizer Recipe Book Carina Wolff, 2016-06-03 150 easy ways to turn vegetables and fruits into creative and healthy meals Vegetable spiralizers are the latest must have kitchen gadget and with good reason They re affordable easy to use and make healthy eating fun and quick Whether you re following a Paleo gluten free raw or low carb diet you ll find unique ideas for satisfying fiber rich meals that are built around healthy vegetables and fruits including Quick and Easy Jalape o Hash Browns Sweet and Salty Apple Chips Slow Cooker Buffalo Chicken Lettuce Cups with Spiralized Carrots Zucchini Pad Thai Cajun Spiced

Jicama Shoestring Fries Spiralized Fruit Salad with Coconut Whipped Cream You can use any type of spiral cutter or even a simple vegetable peeler to transform vegetables and fruits into noodles shoestrings or corkscrew shapes in minutes Featuring an introduction to spiralizing techniques lists of the best vegetables and fruits to use and imaginative low carb recipes The Spiralizer Recipe Book will give you 150 reasons to use your spiralizer every day **Kate Gosselin's Love Is in the Mix** Kate Gosselin,2013-09-24 Presents a collection of favorite recipes by the reality show mother for easy to prepare meals for family gatherings and for entertaining guests *Frugal Vegan* Katie Koteen,Kate Kasbee,2017-06-20 More than 50 000 copies sold Following a Vegan Diet Has Never Been Easier Cheaper or More Delicious Live a healthy vegan lifestyle without breaking the bank with these 99 affordable and delicious plant based recipes Frugal Vegan teaches you how to avoid pricey perishables and special ingredients and still enjoy nutritious exciting food at every meal Learn the tips and tricks to creating plant based cuisine on a budget and fill yourself up with a delicious feast Katie Koteen and Kate Kasbee are your guides to changing up your vegan cooking routine using less expensive ingredients There s a meal idea for every time of day whether it s a hearty breakfast of Pineapple Scones or Biscuits and Gravy a Backyard BBQ Bowl or Crunchy Thai Salad for lunch or Beer Battered Avocado and Black Bean Tacos Mushroom Stroganoff or Chickpea Curry for dinner Host movie night with a delicious snack like Salted Peanut Butter Popcorn or indulge in Chocolate Coconut Cream Puffs for dessert With practical tips and approachable recipes Frugal Vegan will help you create stunning plant based meals that ll not only save you money but save you time in the kitchen too Bad Manners: The Official Cookbook Bad Manners,Michelle Davis,Matt Holloway,2014-10-07 With more than a million copies sold the cookbook phenomenon that inspired people to eat some goddamn vegetables and adopt a healthier lifestyle previously published as Thug Kitchen Eat Like You Give a F ck The Official Cookbook Bad Manners started their wildly popular website to show everyone how to take charge of their plates and cook up some real f cking food Now beloved by millions their first cookbook has become a must have in every kitchen Yeah plenty of blogs and cookbooks preach about eating clean why ginger fights inflammation and how to cook with only the most expensive super foods But they are dull or pretentious as hell and most people can t afford the hype Bad Manners lives in the real world It offers more than 100 recipes for their best loved meals snacks and sides for beginning cooks to home chefs Roasted Beer and Lime Cauliflower Tacos Pumpkin Chili Grilled Peach Salsa Believe that sh t Plus this cookbook arms you with all the info and techniques you need to shop on a budget and get comfortable in the kitchen Bad Manners is an invitation to everyone who wants to do better to elevate their kitchen game No more ketchup and pizza counting as vegetables No more drive thru lines No more avoiding the produce corner of the supermarket Sh t is about to get real

White Bean Basil Hummus Recipe Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the power of words has be evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **White Bean Basil Hummus Recipe**, a literary masterpiece that delves deep in to the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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