



Vegetables on the Side: The Complete Guide to Buying and Cooking

Sallie Y. Williams

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In *Vegetables on the Side*, Sallie Y. Williams solves the age-old problem of what to serve with the main course. To round out any meal, she offers basics like steamed broccoli, such regional specialties as New England baked beans, antioxidant-packed recipes for collards, and exotica ranging from stuffed chayote to roasted Jerusalem artichokes. All told, Williams brings together more than 400 recipes, classic and created, for the vegetable-minded. Williams knows that fresh produce is not always an option. So there's advice on preparing frozen, dried (as in the case of mushrooms, peas, and beans), or even sometimes canned vegetables, such as hominy, to present them in their best possible light. She doesn't ignore health concerns either. All the vegetable entries include nutritional highlights, and while this is a vegetable, not a vegetarian, book, it naturally favors meatless fare. Within each vegetable entry, the recipes kick off with directions for steaming, boiling, baking - whatever you need to start cooking. Then you can build on the basics to prepare anything from vegetable pancakes to souffles. For anyone who doesn't know what to serve with the side dish, Williams offers suggestions of entrees to pair with each recipe.



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