



A Vegetable for Every Season Cookbook: Easy & Delicious Seasonal Vegetable Recipes from the Vegetable Garden, Farmer's Market, or Grocery Store

Kristina Seleshanko

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An Amazon bestseller by a #1 Bestselling Author! New, second edition, with even more delicious recipes. You know it's true: For optimal health you need to eat your vegetables. In fact, the Centers for Disease Control say ½ of every plate of food you eat should be covered with veggies. And did you know that eating produce when it's naturally in season makes those veggies even more nutritious? Sadly, however, it's not easy to find quick, easy, delicious vegetable recipes. That's why *A Vegetable for Every Season Cookbook: Easy & Delicious Vegetable Recipes* is such an excellent resource. Whether you get your vegetables fresh from the garden, from the farmer's market, or from the grocery store, this vegetable cookbook offers over 182 nutritious and delicious recipes you can make with them. In this vegetable cookbook, you'll also discover clues about what each vegetable tastes like, tips and secrets for growing vegetables yourself, and a wide variety of health, cooking, and gardening ideas to inspire you to healthier eating and living. Illustrated with beautiful photographs, this book is an invaluable resource for everyone, with vegetable recipes for the simple (glazed carrots, grilled eggplant, and mashed cauliflower) to the fun (zucchini tots, roasted squash seeds, and stuffed pumpkin) to the surprising (chocolate beet cake, parsnip cupcakes, and zucchini chocolate chip cookies).

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