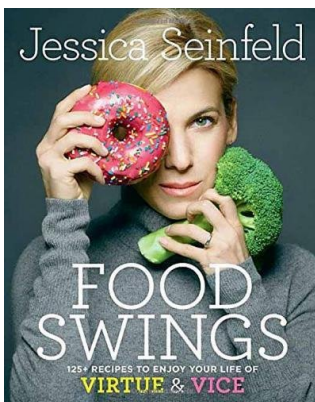


# [PDF] Food Swings: 125+ Recipes To Enjoy Your Life Of Virtue & Vice

Jessica Seinfeld - pdf download free book

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**Books Details:**

Title: Food Swings: 125+ Recipes to  
Author: Jessica Seinfeld  
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**Description:**

**An all-new collection of more than 125 delectable recipes that reflect the way we *really* eat: sometimes healthy, sometimes indulgent—delicious, either way**

*Food Swings* offers a range of simple and satisfying recipes that speak to both sides of your food brain. Here you'll find the perfect go-to dish for when you want to eat light or for when you are in

the mood for something more indulgent. The first half of the book, "Virtue," provides recipes for your controlled side, while the other half, "Vice," is for when you need to feel the wind in your hair. All of it is meant to be enjoyed equally in this fun something-for-everyone collection. So whether you're a home cook looking for new inspiration, a big eater who is ready to party, or a human who might be occupied with watching your waist, you will find what you are looking for in *Food Swings*. Those who are eating gluten-free, dairy-free, meat-free, or almost-vegan, you have come to the right place!

## **VIRTUE**

Quinoa Bowl with Almond Butter, Strawberries, and Hemp Seeds

Ginger Salmon with Sesame Cucumbers

Whole Roasted Cauliflower, Tomatoes, and Garlic

Roasted Plums with Honey and Pistachios

## **VICE**

Cinnamon Buns

Buttermilk Panfried Chicken

Lasagna Bolognese

Chocolate Fudge Cake

In addition to the dozens of inspired dishes offered here, you'll also find personal essays, tips, and tricks for best results, and a gorgeous color photo for nearly every recipe. So no matter what you're in the mood for, you'll find the perfect recipe for it in *Food Swings*.

## **Praise for *Food Swings***

"It's a lot easier to make healthy choices when the meals are both good for you and crazy good at the same time. Jessica Seinfeld's new book, *Food Swings*, has that nailed, packed as it is with simple recipes that are kind to your body, crowd-pleasingly delicious (quit the side-eye, picky fourth grader), even gluten-free. Dinner victory, all around."—**Redbook**

"Seinfeld has assembled 125 recipes that allow readers to eat as healthfully or indulgently as their mood dictates. . . . Readers can have their cake and quinoa, too, with Seinfeld's latest, which strikes an effective balance between two popular eating styles."—**Library Journal**

"Jessica Seinfeld gets it, even down to the one-liners. With three cookbooks under her apron, Seinfeld takes a cue or two from her husband, Jerry, targeting both the devil and the damsel in her 125 recipes. She's eminently practical, very straightforward, and keeps her dishes in line with our modern proclivities: quick, healthy with an occasional sinfulness, convenient for the beginner as well as for the experienced home chef."—**Booklist**

"In a friendly voice Seinfeld encourages readers to take her approach to what she calls 'food swings' and eat without guilt. Or, she concedes, to eat with less guilt. . . . However you divide up the recipes, this is a great day-to-day cookbook with tasty-looking recipes that are approachable and simple to prepare."—**Publishers Weekly**

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