



# Forks Over Knives - The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year

By Del Sroufe

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*New York Times* Bestseller

A whole-foods, plant-based diet that has never been easier *or* tastier—learn to cook the *Forks Over Knives* way with more than 300 recipes for every day!

*Forks Over Knives*—the book, the film, the movement—is back again in a cookbook. The secret is out: If you want to lose weight, lower your cholesterol, avoid cancer, and prevent (or even reverse) type 2 diabetes and heart disease, the right food is your best medicine. Thousands of people have cut out meat, dairy, and oils and seen amazing results. If you’re among them—or you’d like to be—you need this cookbook.

Del Sroufe, the man behind some of the mouthwatering meals in the landmark documentary, proves that the Forks Over Knives philosophy is not about what you *can’t* eat, but what you *can*. Chef Del and his collaborators Julieanna Hever, Judy Micklewright, Darshana Thacker, and Isa Chandra Moskowitz transform wholesome fruits, vegetables, grains, and legumes into hundreds of recipes—classic and unexpected, globally and seasonally inspired, and for every meal of the day, all through the year:

- **Breakfast:** Very Berry Smoothie, Breakfast Quinoa with Apple Compote
- **Salads, Soups and Stews:** Kale Salad with Maple-Mustard Dressing, Lotsa Vegetable Chowder, Lucky Black-Eyed Pea Stew
- **Pasta and Noodle Dishes:** Mushroom Stroganoff, Stir-Fried Noodles with Spring Vegetables
- **Stir-Fried, Grilled and Hashed Vegetables:** Grilled Eggplant “Steaks”
- **Baked and Stuffed Vegetables:** Millet-Stuffed Chard Rolls
- **The Amazing Bean:** White Beans and Escarole with Parsnips
- **Great Grains:** Polenta Pizza with Tomatoes and Basil
- **Desserts:** Apricot Fig Squares, Bursting with Berries Cobbler . . . and much

more!

Simple, affordable, and delicious, the recipes in *Forks Over Knives—The Cookbook* put the power of real, healthy food in your hands. Start cooking the plant-based way today—it could save your life!

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*By Del Sroufe*

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## Editorial Review

Amazon.com Review

### Featured Recipe: Mushroom Stroganoff



Stroganoff originated in Russia as a beef dish served in a rich sour cream sauce. And though there are many versions of the original recipe, I prefer this plant-based one, made with rich porcini mushrooms and lots of fresh herbs.

*Serves 4*

- 2 large shallots, peeled and minced
- 4 cloves garlic, peeled and minced
- 2 teaspoons minced thyme
- Salt and freshly ground black pepper to taste
- 1 teaspoon minced rosemary
- 1 pound portobello mushrooms, stemmed and cut into large pieces
- 1 ounce porcini mushrooms, soaked for 30 minutes in 1 cup of hot water that has just been boiled
- ½ cup dry white wine
- 1 pound whole-grain fettuccine, cooked according to package directions, drained, and kept warm
- 1 cup Tofu Sour Cream (recipe follows)
- Chopped parsley

Place the shallots in a large skillet and sauté over a medium heat for 8 minutes. Add water 1 to 2 tablespoons at a time to keep them from sticking. Add the garlic and thyme, and cook for another minute. Stir in the salt and pepper, rosemary, and the portobello mushrooms and cook for 10 minutes, stirring occasionally. Add the porcini mushrooms, and their soaking liquid, and the wine. Stir, and cook over medium-low heat for 20

minutes.

When the stroganoff is finished cooking, stir in the sour cream. Add the cooked noodles and toss well. Serve garnished with the parsley.

### **Tofu Sour Cream**

Use this healthy dairy alternative in any dish that calls for sour cream. Serve it with baked potatoes and fresh chives, with tacos or enchiladas, or with Mushroom Stroganoff.

*Makes 1½ cups*

- 1 package extra firm lite silken tofu, drained
- 1 tablespoon lemon juice
- 1 tablespoon red wine vinegar
- Salt to taste

Combine all ingredients in a blender and puree until smooth and creamy. Chill until ready to serve.

### Review

"Pure elegance. Del's recipes show just how sophisticated plant-based cooking can be. If you think gourmet can't be healthy, be delightfully disproved with this book."

**Lindsay S. Nixon**, author of *The Happy Herbivore Cookbook*, *Everyday Happy Herbivore* and *Happy Herbivore Abroad*

"The recipes in this book are versatile, simple to prepare and, most important, tasty."

**VIVMag**

"*Forks Over Knives* meals are good for the body?and the pocketbook."

**Indianapolis Star**

"The arguments for a plant-based diet in a resource-strapped world are increasingly convincing: It's cheaper, better for the environment, and can be a healthier option."

**Philadelphia Inquirer**

"[Sroufe's] mean green smoothie is a nutrient-rich, fiber-filled, antioxidant-packed dream."

**Chicago Tribune**

"These recipes are so delicious . . . you'll never miss the fat."

**Our Hen House**

### About the Author

**Del Sroufe** has worked as chef and co-owner at Wellness Forum Foods for six years, a plant-based meal delivery and catering service that emphasizes healthy, minimally processed foods, produces a line of "in the bag mixes," and offers cooking classes to the public. He has worked in vegan and vegetarian kitchens for 22 years, including spending time as a vegan personal chef. He lives, works, and cooks in Columbus, OH.

**Isa Chandra Moskowitz** is an American cookbook author, magazine columnist, and former host of the community access cooking show Post Punk Kitchen. Her best-selling cookbooks include *Vegan with a Vengeance*, *Vegan Cupcakes Take Over the World*, *Veganomicon*, *Vegan Brunch*, *Vegan Cookies Invade Your Cookie Jar*, and *Appetite for Reduction*. She maintains the popular vegan website Post Punk Kitchen and lives in Omaha, Nebraska.

**Julieanna Hever, MS, RD, CPT**, is known as the Plant-Based Dietitian. She is the executive director of EarthSave, International, the author of *The Complete Idiot's Guide to Plant-Based Nutrition* and *The Complete Idiot's Guide to Gluten-Free Vegan Cooking*, a nutrition columnist at VegNews, and the coproducer and star of the infotainment documentary *To Your Health*. Visit her at [www.toyourhealthnutrition.com](http://www.toyourhealthnutrition.com).

**Darshana Thacker** teaches traditional Ayurvedic food preparation at Vapika Spirit in Los Angeles ([www.vapikaspirit.com](http://www.vapikaspirit.com)). Her intimate, kitchen-based classes illustrate the simple preparation of well-balanced meals planned according to the season.

**Judy Micklewright** always had an affinity for plants but never realized their full potential, or how one day they would change her life. After battling numerous ailments unsuccessfully, it occurred to her to give a plant-based diet a try, and the results were profound. She has since set out on a path of discovery into plant-based living, personalizing the diet, and enjoying newfound vigor in her mind, body and soul. Now a mother, Judy continues to dedicate herself to unearthing tasty, plant-based good-for-you goodness.

## Users Review

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#### Eric Langley:

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**Matthew Simons:**

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