

# [PDF] Eat Fresh Food: Awesome Recipes For Teen Chefs

**Rozanne Gold, Phil Mansfield - pdf download free book**

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**Books Details:**

Title: Eat Fresh Food: Awesome Recip

Author: Rozanne Gold, Phil Mansfield

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## **Description:**

**From School Library Journal** Grade 6-10—This attractive title includes 80-plus recipes. From "Bread, Butter & Breakfast" to "Desserts & Drinks," there's a strong emphasis throughout on fresh food. Some of the dishes are remarkably simple. For example, "Sun-dried Tomato and Carrot Meatloaf" has just 5 ingredients. Others are imaginative (and usually healthier) variations on classics, like "Eggless Caesar with Toasted Pecans and Green Apple Croutons." And the veggie-burger recipe, "Chickpea Burger with Fresh Mango Salsa," is a winner. Step-by-step instructions are clear, with just the right amount of detail. The lively design is another plus, as are the numerous color photos, showing a good mix of food and people. The introduction includes general nutrition and safety information as well as advice about choosing organic ingredients. The book concludes with

suggested menus and an extensive index. Many of the recipes are vegetarian (and some are vegan), although they are not designated as such. All in all, this is a wonderful book with a contemporary style that will entice teens to try delicious recipes for family meals and get-togethers with friends.—*Lauralyn Persson, Wilmette Public Library, IL*

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**From** Chef Gold, who wrote *Kids Cook 123* (2006), addresses teens in a cookbook that emphasizes fresh foods and healthy eating. Instead of concentrating on snacks, it offers a full range of items: breakfast foods, soups, sandwiches, pasta, pizza, salads, dinner courses with vegetables, side dishes, drinks, and desserts. Recipes list ingredients and provide instruction; the occasional sidebar explains how to slice a mango, boil an egg, or roast a vegetable, but novice chefs may need some hands-on help along the way. Excellent color photos appear throughout the book, showing ingredients, stages of preparation, and finished dishes. Among the best are the pictures showing members of Gold's multicultural teen brigade of "happy sous-chefs" at work. A far cry from the stiffly posed shots in many kids' cookbooks, they capture the fun of young people actively engaged in cooking—and eating. Enticing. Grades 9-12. --Carolyn Phelan

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