



CHICKPEA AND WHITE ANCHOVY SALAD (PAGE 127)

Wholesome, clean ingredients, simple preparation techniques and mouthwatering photos make for inspiring cookbooks you'll turn to again and again.

PHOTO BY GIBSON & SMITH

Clear off your cookbook shelf for the year ahead: Here are 12 delicious picks to inspire a year of good eating.

Your 2015

READING List

BY ANNA LEE BOSCHETTO



Healthy Latin Eating: Our Favorite Family Recipes Remixed

Inspired by the flavor-rich meals of their childhood, radio and TV personality Angie Martinez and chef Angelo Sosa turn traditional high-fat Latin recipes into totally healthy meals. Within each chapter of *Healthy Latin Eating*, home cooks will find a blend of authentic Latin flavors, like earthy cumin and fragrant coriander, combined with substitutions such as quinoa for rice, giving the nutritional values a clean sweep. The recipes, which include much-loved favorites such as Ensalada de Carmen and Chicken Ropa Vieja, rely on fast-cooking techniques

from sautéing to broiling and baking in lieu of deep-frying.

By Angie Martinez and Angelo Sosa (Kyle Books, \$23)

The Soup Club Cookbook

Humble and versatile, soup is the perfect dish to satisfy your hunger for a home-cooked meal. As four busy neighborhood moms explain in *The Soup Club Cookbook*, by enlisting the help of willing hands, you can cut kitchen time without compromising homemade meals. Among the collection of 137 recipes, you'll discover scrumptious soups including Red Lentil Curry and Sun-Dried Tomato Soup, accompanying salads and hearty breads to round out each meal.

In addition, the four moms offer up tips for organizing your own monthly soup club with friends or office mates.

By Courtney Allison, Tina Carr, Caroline Laskow and Julie Peacock (Clarkson Potter, \$25)

Everyday Grain-Free Baking: Over 100 Recipes for Deliciously Easy Grain-Free and Gluten-Free Baking

From the success of her blog, *The Nourishing Home*, Kelly Smith is determined to make it easy for everyone to enjoy bakery staples. Whether you're following a gluten-free diet or not, each recipe is not only grain-free, but also limits dairy and refined sugars, without compromising the

comfort and indulgence of breads, muffins, cakes and bars. From Blueberry Lemon Scones and Raspberry Crumble Bars to Deep Dish Apple Pie, each recipe is surprisingly easy and totally decadent.

By Kelly Smith (Adams Media, \$20)

In Her Kitchen: Stories and Recipes from Grandmas Around the World

Inspired by the comfort he found in his own Nonna's kitchen, photographer Gabriele Galimberti traveled to kitchens around the world, delving into the stories, traditions and much-loved recipes of other grandmothers.

From northern Canada to Middle America and Italy to Zimbabwe, *In Her Kitchen* offers a snapshot of each woman's life experience along with their favorite recipes, making it equal parts cookbook and travel diary. With a selection of culturally diverse recipes, home cooks can explore global cuisine in the comfort of their kitchens.

By Gabriele Galimberti (Clarkson Potter, \$30)

A Good Food Day: Reboot Your Health with Food That Tastes Great

When chef Marco Canora set out to improve his eating habits, he wasn't willing to give up his love for delicious food, so he harnessed the secret for achieving a healthy and balanced lifestyle. In *A*

Good Food Day, Canora distills the 10 principles that will guide home cooks to good health. Along with simple, clean-eating advice including nixing processed foods, eating seasonally and planning your weekly menus, Canora's mouthwatering recipes are easy-to-follow and are accompanied by equally tempting photography, inspiration enough to make each day a good food day.

By Marco Canora with Tammy Walker (Clarkson Potter, \$30)

Urban Remedy: The Four-Day Home Cleanse Retreat

As an acupuncturist and founder of the Urban Remedy organic food company, author Neka Pasquale pares down the essential concepts of an at-home cleanse. Using the healing properties of whole, natural foods, *Urban Remedy* takes a predominantly raw-food, vegan approach. While juices including Good Morning Green, Dandelion Liver Tonic and Immunity Boost are central to the plan, other recipes such as Collard Wraps with Basil Mint Lime Sauce offer a taste of the raw-food lifestyle. In addition to how to shop, plan and prepare for the cleanse, readers will find tips and ideas for maintaining a healthy, balanced lifestyle beyond the four-day detox.

By Neka Pasquale (Weldon Owen, \$25)

Greens 24/7

We all know eating plenty of leafy greens – and pretty much any green produce – guarantees a clean-eating home run, but in *Greens 24/7*, author Jessica Nadel encourages home cooks to elevate the status of these prime ingredients. While common produce picks such as broccoli and zucchini offer a nutritional boost, Nadel also introduces lesser-known varieties including kelp, making this cookbook a solid farmers' market resource.

By Jessica Nadel (The Experiment, \$20)

Molecular Gastronomy: Scientific Cuisine Demystified

Dig into the science behind the ingredients and techniques associated with the tantalizing world of molecular gastronomy. Featuring a detailed history of the pioneers and practitioners of molecular gastronomy, this book offers foodies an armchair education in the evolution of this inspiring culinary sphere. While most home cooks won't likely be using these techniques in their own kitchen, they'll develop a new appreciation for chefs who continue to push the boundaries of the culinary arts at restaurants around the globe.

By Jose Sanchez (Wiley, \$65)

Supermarket Healthy

As a mom of four young girls, Melissa d'Arabian understands the value of cooking (and shopping) on a budget. In her latest book, *Supermarket Healthy*, the Food Network chef shares her secret shopping, cooking and entertaining strategies to help stretch your food budget and create totally satisfying meals. Many main dishes including Deconstructed Lasagna and Cod and Coconut Curry can be prepped in 20 minutes or less, so you'll have extra time to indulge in Dulce de Leche Brown Rice Pudding for dessert.

By Melissa d'Arabian (Clarkson Potter, \$25)

Cooking Allergy-Free

Along with strategies for menu planning, traversing grocery store aisles and prepping family meals, *Cooking Allergy-Free* features versatile recipes for virtually anyone around your table. Prompted by her own food allergies, chef Jenna Short has delved into recreating some of her favorite recipes, from her man-grabbing Coffee-Glazed Braised Beef to simple sides like Thai Coconut Rice. Handy icons identify allergens and dietary restrictions, and variations allow you to adapt recipes for you and your family.

By Jenna Short (The Taunton Press, \$30)

The Earth Diet

After an unexpected illness, author Liana Werner-Gray adopted a holistic lifestyle that included eating natural, whole, organic foods. In keeping with a clean-eating lifestyle, Werner-Gray's approach to food in *The Earth Diet* includes choosing locally grown produce, organic meats and wild-caught fish, along with sharing the food with loved ones. Whether you're savoring a morning Paradise Smoothie or digging into Superfood Kale Salad, you'll find that this predominantly plant-based cookbook offers a back-to-basics food preparation style that's refreshingly simple.

By Liana Werner-Gray (Hay House, \$20)

Mindful Eating

In *Mindful Eating*, defined as the philosophy of consciously enjoying the food you eat, the team of nutrition experts and chefs at the famed Miraval Resort & Spa in Tucson, Arizona distill the simple cooking and eating techniques that are an integral part of the Miraval experience. While some dishes feature more adventurous ingredients like venison, each recipe includes simple instructions for preparing such elegant spa fare, and chapters are organized into meals and courses for easy menu planning.

By Miraval (Hay House, \$25) ©