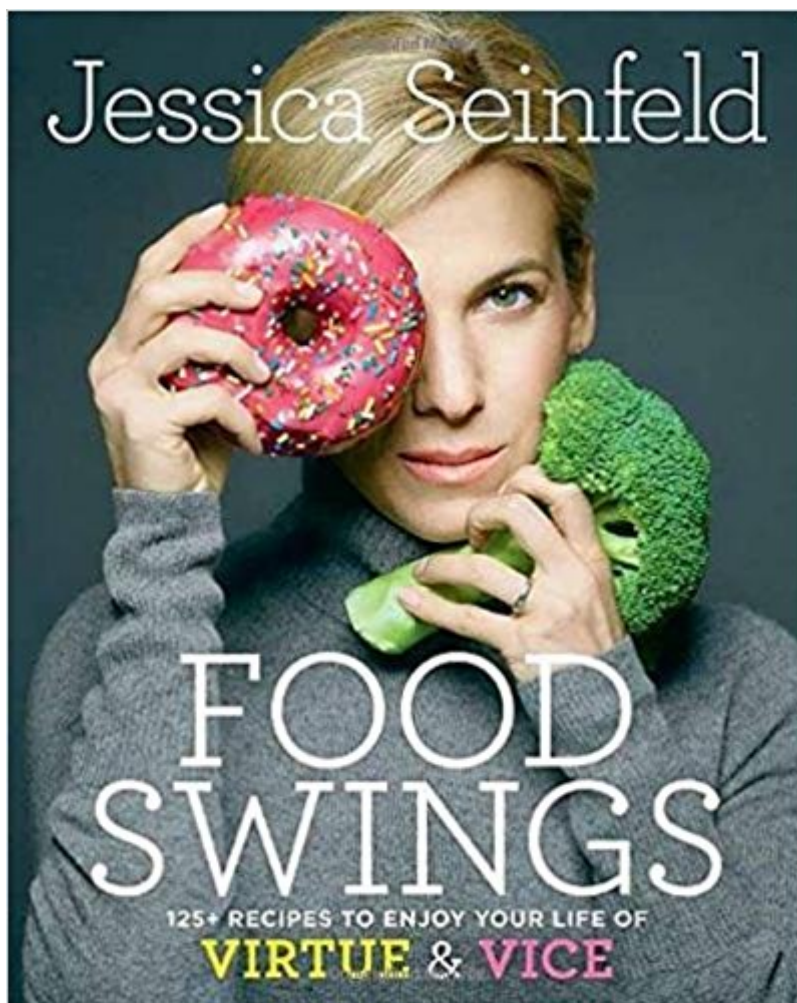


The book was found

Food Swings: 125+ Recipes To Enjoy Your Life Of Virtue & Vice



Synopsis

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”

Book Information

Hardcover: 288 pages

Publisher: Ballantine Books (April 25, 2017)

Language: English

ISBN-10: 1101967145

ISBN-13: 978-1101967140

Product Dimensions: 8.3 x 1.1 x 10.2 inches

Shipping Weight: 2.6 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 65 customer reviews

Best Sellers Rank: #20,033 in Books (See Top 100 in Books) #96 in Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy #100 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan #114 in Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional

Customer Reviews

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"

Jessica Seinfeld is the author of three New York Times bestselling cookbooks: *Deceptively Delicious*, *Double Delicious*, and *The Can't Cook Book*. She is the president and founder of the

GOOD+ Foundation (formerly Baby Buggy), a nonprofit organization that has donated more than twenty million items to low-income families through their national network of more than one hundred antipoverty programs across the United States. She lives in Manhattan with her husband, comedian Jerry Seinfeld, and their three children, two dachshunds, and one cat.

LOVE Jessica and this cookbook....mouth watering recipes, healthy and fun to make and the ingredients are not too fussy and are readily available at most grocery stores. I purchased this book for my 25 year old daughter that struggles with what to cook most days when she gets home from work. She recently lost a lot of weight so wants to stay healthy and yet enjoy her cheat days. Jessica's well planned and easy to follow recipes allows her to do this. This book makes cooking fun and enjoyable for both seasoned cooks and the novice! I highly recommend this cookbook for everyone!

I love cookbooks and this is now my current favorite. The food I have cooked has turned out great. Not hard at all but very good and no hunting for ingredients no one can find. I have shared her 80/20 thought for years!

I tend to buy cookbooks and only end up loving a couple recipes, but with Jessica Seinfeld's new book, I really love most recipes! There is a photo with each recipe!! Her recipes call for more common ingredients unlike many other books these days which makes these dishes doable for anyone! This was a good cookbook purchase! The only thing that would have made this book better would have been adding nutritional information.

I decided to just work my way through the book and give everything a try. I've tried a couple of salads and entrees in the virtue section (which was my focus for buying the book), and so far, I have liked all of the recipes. I tend to season more than Jessica does, so I just amp it up a little.

I just received this cookbook this week and I have already tried 3 of the recipes. They are really easy and do not take a lot of preparation. Just what I need for our busy schedule. Oh, and I forgot the most important thing- they're SO GOOD! I am going to recommend this cookbook to everyone. Thank you Jessica Seinfeld!

Jessica Seinfeld knows how to cook good food and most recipes in here are easy, healthy (at least

the virtue ones are) and so good. She has good tips that make the difference of a dish turning out correctly. Like freeze all your smoothie ingredients and mix the egg white and yolks separately to make them fluffy.

beautiful book, makes a great gift!

Love Jessica

[Download to continue reading...](#)

Food Swings: 125+ Recipes to Enjoy Your Life of Virtue & Vice Vice and Virtue in Everyday Life Of Vice and Virtue (Time Walkers Book 3) The Gentleman's Guide to Vice and Virtue The Food Intolerance Bible: A Nutritionist's Plan to Beat Food Cravings, Fatigue, Mood Swings, Bloating, Headaches, IBS and Deal with Food Allergies Food Truck Business: How To Start Your Own Food Truck While Growing & Succeeding As Your Own Boss (Food Truck, Food Truck Business, Passive Income, Food ... Truck Startup, Food Truck Business Plan,) VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) Babushka: Russian Recipes from a Real Russian Grandma: Real Russian Food & Ukrainian Food (Russian food, Russian recipes, Ukrainian food, Polish recipes) Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) Don't Let Your Emotions Run Your Life for Kids: A DBT-Based Skills Workbook to Help Children Manage Mood Swings, Control Angry Outbursts, and Get Along with Others Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and ... with Others (Instant Help Book for Teens) Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and (Instant Help Book for Teens) Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) Enjoy Your Cells (Enjoy Your Cells Series Book 1) E-Juice Recipes: Shake and Vape E-Liquid Recipes For Your Electronic Cigarette, E-Hookah G-Pen: Quick and tasty E-liquid recipes that you can enjoy today. ... E-liquid recipes for DIY E-juicers. Book 3) The Healthy Hound Cookbook: Over 125 Easy Recipes for Healthy, Homemade Dog Food--Including Grain-Free, Paleo, and Raw Recipes! Jello Shot Recipes: 55 Fun & Creative Jello Shot Recipes for your Party (Jello Shots, Jelly Shots, Party Recipes, Jungle Juice,

Punch Recipes, Vodka Recipes, ... Rum Recipes, Cocktail Recipes, Wine Making) Southern Cooking: for beginners - Simple Southern Food Recipes - Old South Recipes (Southern Food - Southern Meals - Southern Recipes - Soul Food - American Cuisine Book 1) But I Could Never Go Vegan!: 125 Recipes That Prove You Can Live Without Cheese, It's Not All Rabbit Food, and Your Friends Will Still Come Over for Dinner 30 Day Whole Food Slow Cooker Challenge: Whole Food Recipes For Your Slow Cooker â “ Quick And Easy Chef Approved Whole Food Recipes For Weight Loss (Slow Cooker Cookbook)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)