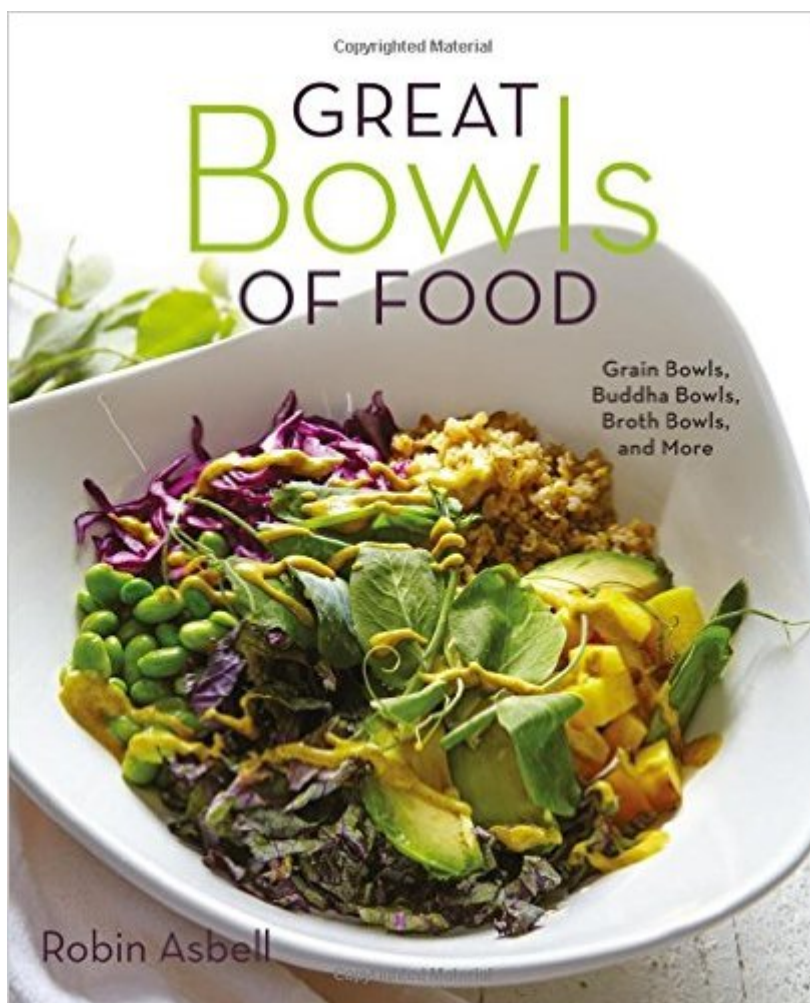


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# Great Bowls Of Food: Grain Bowls, Buddha Bowls, Broth Bowls, And More



## Synopsis

Layer up grain, vegetable, protein source and sauce: Everyone loves to eat from a bowl! Whether it's a rice bowl, a grain bowl, or even a low-carb, high-protein Buddha bowl, bowl food eating is easy, delicious, and never dull. In this hip new cookbook, renowned cookbook writer Robin Asbell shares 75 of her favorite bowl food recipes, as well as a handy chart that helps readers to mix and match ingredients at a glance to create the perfect bowl. Recipes include: Paleo Cauliflower Tabouli Bowl with Lemon Mint Dressing Sweet Potato, BBQ Chicken, Corn, and Chips Bowl Rice, Tofu, and Green Bowl with Kimchi and Spicy Spinach Miso Poached Vegetable and Shrimp Noodle Bowl There's something for everyone here. 40 color photographs

## Book Information

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Best Sellers Rank: #33,493 in Books (See Top 100 in Books) #36 in Books > Cookbooks, Food & Wine > Cooking Methods > Cooking for One or Two #661 in Books > Cookbooks, Food & Wine > Special Diet

## Customer Reviews

I have made two bowls so far from this book and the flavors are delicious. The recipes are accurate and very easy to assemble. A beginner could follow the instructions. There are not a huge number of ingredients, but the flavors go together so well. The portion sizes allow for you to pack your 4 containers for the work week's lunches. I love that. I am loving this cookbook. Highly recommend it.

This book is incredible. The recipes, the photos, the ideas, the tips....all come together to inspire and enthrall the reader and the cook. Bowls are a wonderful canvas to create food magic in and Robin has given us all her magician's secrets. Bravo!

This is a really good cookbook. Considering that everything is served in a bowl I had wondered how

diverse it would be. It is quite diverse. The recipes are inexpensive, easy, and satisfying. I would definitely recommend this book

Robin Asbell has done it again, with a wonderful book full of interesting, creative, satisfying recipes, tons of "extra" information about grains, sauces, and garnishes, and mouthwatering photography. Some of my favorite recipes include Pumpkin Spice Brown Rice with Ricotta (a breakfast bowl), Thai Tuna Salad Bowl with Sweet Pickles and Lime-Chili Dressing (a lunch bowl), Grits with Spicy Collards, Shrimp, Roasted Red Peppers, and Aioli Drizzle (a dinner bowl), and Banana Pudding and Red Rice Trifle (a dessert bowl). Robin also includes brothy bowls (for example, Quick Pho Broth-Poached Shrimp and Vegetables over Rice) and big party platter bowls (for example, Southwestern Quinoa with Avocados, Black Beans, Shredded Cabbage, Jalapenos, and Crema-Cilantro Drizzle). If you're interested in healthy, wholesome, delicious eating, I totally recommend this book.

I have many, larger cookbooks with far fewer favorite recipes in them. THIS COOKBOOK IS A WINNER!! I bought it 2 weeks ago and have made 3 different bowl suppers and a dessert. All were fabulous! I have 15 more tagged to try very soon. Really terrific favors and seasonings that are amazing. I have pre-cooked several grains, roasted a bunch of veggies, and prepared some sauces to take on our upcoming camping trip. Now we can eat tasty, healthy suppers all along the way. I highly recommend this book for anyone who likes to prepare meals and desserts that are full of flavor and nutrients. We are thoroughly enjoying Robin's recipes!!!

Another gift for my son who is a chef. Said the pictures were terrific and great recipes.

It's a lovely cookbook. Beautiful Photos. It uses a lot of spices and ingredients I would only use once or twice. I was looking for recipes with ingredients that were more simple. I was disappointed that the author did not include nutritional information. I want to know the calories, fat content, cholesterol, and especially sodium content of each recipe. If I would have known there was no nutritional information included I would not have bought this cookbook.

Good variety of recipes and ideas for bowl meals.

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