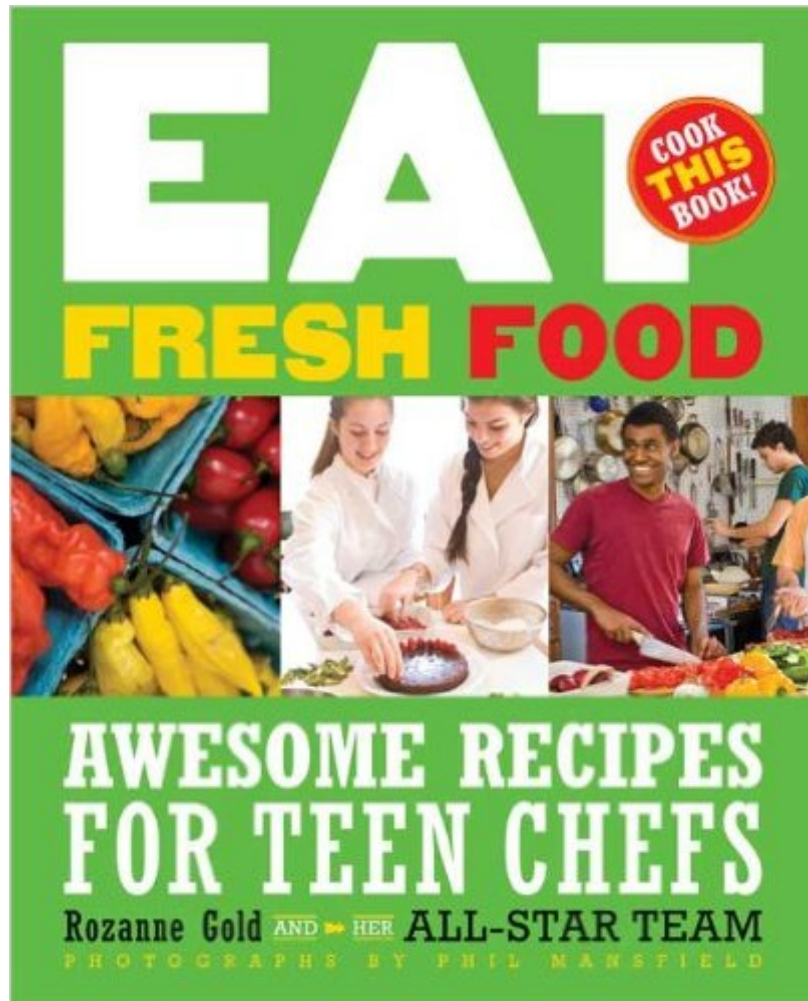


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# Eat Fresh Food: Awesome Recipes For Teen Chefs



## Synopsis

Finally! Here is a visually stunning cookbook for teens who are interested in cooking food that goes beyond the boring old "kids" recipes, but is the kind of foods TEENS want to eat. With many recipes showing the step-by-step process of how the food is made, these recipes take old favorites for all times of day and year--from breakfast muffins, to mac-and-cheese lunches, to fish taco dinners, to chocolate desserts--and updates them with healthy, delicious new ingredients that are better for you (and much yummier) than fast food! Rozanne Gold's All-Star Team (who tested each recipe and who are pictured in the book) includes boys and girls ages 9-19, siblings and friends. The kids display an amazing energy for the food --whether it's buying fresh ingredients in a farmers' market, or cooking it in exciting new ways. With the emphasis on fresh ingredients, Rozanne Gold and her cooks keep their food healthful, gorgeous and fun to make.

## Book Information

Paperback: 160 pages

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Product Dimensions: 8 x 0.5 x 9.5 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (63 customer reviews)

Best Sellers Rank: #18,225 in Books (See Top 100 in Books) #3 in [Books > Teens > Hobbies & Games > Cooking](#) #23 in [Books > Children's Books > Children's Cookbooks](#) #50 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods](#)

Age Range: 12 and up

Grade Level: 9 - 12

## Customer Reviews

Wow! I really don't know what I was expecting from a teen cookbook, but it sure wasn't this. The fresh ingredients and gorgeous photographs on each page make me want to try nearly every single dish. I'm years away from being a teen - I can only imagine what a great tool this would be for people unaccustomed to making their own meals. The emphasis of this book is on making sure all the recipes presented are both healthy and delicious. Fruits and vegetables are the real stars here, with a focus on nutrition and flavor. The whole point of the book is to steer teens away from

processed foods, to learn to prepare healthy foods that are better for their growing bodies. The result is a very inspiring cookbook that will jump start even the most reluctant or inexperienced cooks. The recipes are segmented into seven chapters: (1) Bread, Butter & Breakfast; (2) Bowls: Soups & Pasta; (3) Sandwiches, Burgers & Pizza; (4) Salads, Big & Small; (5) Dinner Specials with Vegetables; (5) Side Dishes and (6) Desserts & Drinks. I like that the dishes really cover a lot of ground. Some are very simple, like the Tower of Peaches, while others are slightly more complex and involved, such as Crepes with Fresh Blueberry Sauce. There are comforting, down home dishes (Loaf of Whole Wheat Bread) and the slightly more exotic (Asian Summer Rolls.) There are comforting soups, great big sandwiches, lovely breads and tasty desserts. The cooking directions and explanations are so straightforward that anyone could pick up this book and follow a recipe start to finish. And at the end, I'm confident you would have a beautiful, impressive dish chock full of fresh ingredients! Some of the recipes I would have passed right by if it weren't for the delectable photos. Definitely, I would have flipped right past Overnight Vegetable Tabbouleh, but the photo stopped me in my tracks. Chicken Parm with Roasted Grape Tomatoes (pictures below) immediately was marked as must try, even without reading the ingredients. I don't care what's in it - based on the photo alone I know I will be eating it. The same holds true for dozens of dishes; they look so fresh and appetizing that it makes me want to ravage the produce aisles immediately so that I can begin cooking. This book is an absolutely wonderful way to entice your kids into the kitchen and get them helping with the preparation of some very healthy food. Teaching your children to cook with vegetables, fruits and grains is one of the very best things you can do for them. All the recipes were prepared and tasted by an actual team of teenagers. If they can do it, so can you and your family! This week, we will be trying the Carrot Ginger Tomato Soup and the Silver Dollar Potato Pancakes.

I picked up EAT FRESH FOOD at the bookstore and couldn't put it down. I bought it, took it home, and have been cooking daily from it since. I'm not the book's target demographic. I'm 45, and have been cooking since I was 15. I've always had a difficult relationship with food. Since I became a wife and mother, I've been determined to cook and provide healthy homemade meals for my family, but I've long felt like a failure. I love food, I love the creativity of cooking, I love reading and buying and collecting cookbooks (I have 100 of them) but my family never ate my cooking. My meals would become leftovers, go in the fridge, then get thrown out 1 week later. Lots of money wasted. Lots of my pride hurt. Meanwhile, the kids made themselves box macaroni and frozen pizza. I'm not sure what magic has happened since buying EAT FRESH FOOD and I began cooking from it, but my

kids are eating and enjoying my cooking. My ex husband didn't like my cooking. Now, my new fiance can't get enough of what I cook. When I made the cauliflower cheese sauce for the broccoli, he licked the pot clean. Yesterday my notoriously finicky 19 year old daughter said, "Mom, everything you've made in the last week has been absolutely delicious." I nearly fainted with joy. This girl never eats anything except frozen pizza. Now she's eating...carrot soup? Some of our favorites include the pasta primavera, macaroni and cheese and cauliflower, the pizza with the baking powder crust, and the cantaloupe sherbet. I have around 100 cookbooks, but I think they may be going in storage for now. I'm planning on simplifying life and simplifying my kitchen. This book will be the basis of what I cook for my family for a good time to come. I'm not sure what Rozanne Gold does with recipes that makes them so different and enjoyable for kids and adults, but my guess would be simplicity, fresh ingredients and last but not least creative genius. I'm hoping Rozanne Gold writes more cookbooks like this one! How about MORE EAT FRESH FOOD?

I am so happy to have discovered this book. I have others written by Rozanne Gold and this is one of my favorites. My daughter loves to cook and so we poured over it to find what we want to make. There are many great recipes to choose from. We started with the caesar salad with green apple croutons..loved it! Easy to prepare and tastes great. Another favorite is the rosemary lemon custard cakes..simply delicious. My daughter's new favorite dessert. My daughter has decided to order these for her friends for the holidays. This is a very important book for all teens to have. And the recipes and not just for the kids, they are for everyone to enjoy. And healthy too! By the way..check out how great the photos are.

Far too much of the typical adolescent diet is composed of fast foods, sugar drinks, and a paucity of fresh fruits and veggies. That's why "Eat Fresh Food: Awesome Recipes For Teen Chefs" from award-winning chef, restaurateur, and cookbook author Rozanne Gold is such a welcome contribution to personal and family cookbook collections. Superbly illustrated throughout with full color photography by Phil Mansfield, "Eat Fresh Food" is specifically designed and intended to provide teenagers with nutritious, palate pleasing, appetite satisfying, 'teen friendly' recipes that range from a Grape-and-Pignoli Breakfast Cake; to a Chickpea Burger with Fresh Mango Salsa; to a Crunchy Wasabi-Lime Salmon with Red Cabbage and Sugar Snaps; to a mouth-watering dessert like Olive Oil-Chocolate Chip Cookies! "Eat Fresh Food" is ideal for young kitchen cooks, but upon reflection, it is also a prime choice for another culinary demographic -- men who have never been trained or previously expected to cook for themselves, friends or family, and now find they need to.

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