



The Whole Foods Kosher Kitchen: Glorious Meals Pure and Simple

Lévana Kirschenbaum

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Eat your way to health! proclaims Lévana Kirschenbaum, longtime chef of Manhattan's kosher gourmet restaurant Levana. Not only can you treat ailments such as arthritis with the appropriate nutrition, but you can also achieve a healthy weight just by eating. With dishes like Iced Minted Honeydew and Kiwi Soup, Balsamic Roasted Chicken Breasts, Chinese Meatloaf, and Molten Chocolate Cake,

The Whole Foods Kosher Kitchen makes cooking healthily both easy and delicious. This veritable volume is chock-full of more than 250 recipes, plenty of color illustrations, and advice on which foods are (or aren't) okay when powdered, canned, or frozen. Lévana promises your new superfood diet will taste so good, you won't ever go back.

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