ForeWord Reviews

COOKING

High Fiber, High Flavor
Rosemary Moon
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High-fiber foods don't always have high appeal. Visions of beans may come to mind. Moon dispels this with a variety of dishes that are sure to please. A trained home economist, Moon has been involved in many aspects of promoting good nutrition and is the author of three cookbooks.

Introducing fiber, Moon explains what fiber is and why it is needed in the modern diet. Readers learn how to select high-fiber foods, what varieties of cereals, grains and beans are available, and easy ways to introduce fiber into the daily diet. Emphasizing fruits and vegetables, eating less meat and dairy products, and eating foods that have not been highly processed are goals of this book. Good taste is stressed, and the author has made all of the more than 180 recipes.

Starting with Soups and Chowders, familiar favorites such as French onion soup, minestrone, and gazpacho are included. Lebanese couscous soup, thai-spiced chicken, and chestnut and blue cheese soup should become new favorites. Recipes from Salads and Appetizers include rice and pistachio salad with honey dressing, crunchy corn salad, nut and cream cheese peppers, and stuffed anaheim chilies.

The Main Dish recipes include a mixture of meat and chicken with high-fiber foods. Unable to find acceptable commercial whole wheat pasta, Moon includes pasta recipes for some of the dishes. Spiced chicken with cabbage, hazelnut and zucchini pasta, lentil and pumpkin lasagna, and chicken and lima bean bourguignon could definitely improve dinner. From Dessert, a variety of flavors are offered, from rum and raisin yogurt ice cream, apple brown betty (which includes adzuki beans) to atholl brose, a traditional Scottish dish that uses oatmeal, cream, honey, and whiskey. The recipes from the final chapter, Breads, Cakes, and Cookies look and read deliciously, with recipes such as pear and banana bread, cheese and walnut scone rounds, honey ginger cake, and apricot granola bars.

Serving yields are given for each recipe, but nutritional information is not. An index is included.

These recipes will be welcome additions to daily meals that might have become fast and

highly processed. The color photographs alone should send readers to the pantry to see what ingredients are on hand.

Tracy Fitzwater