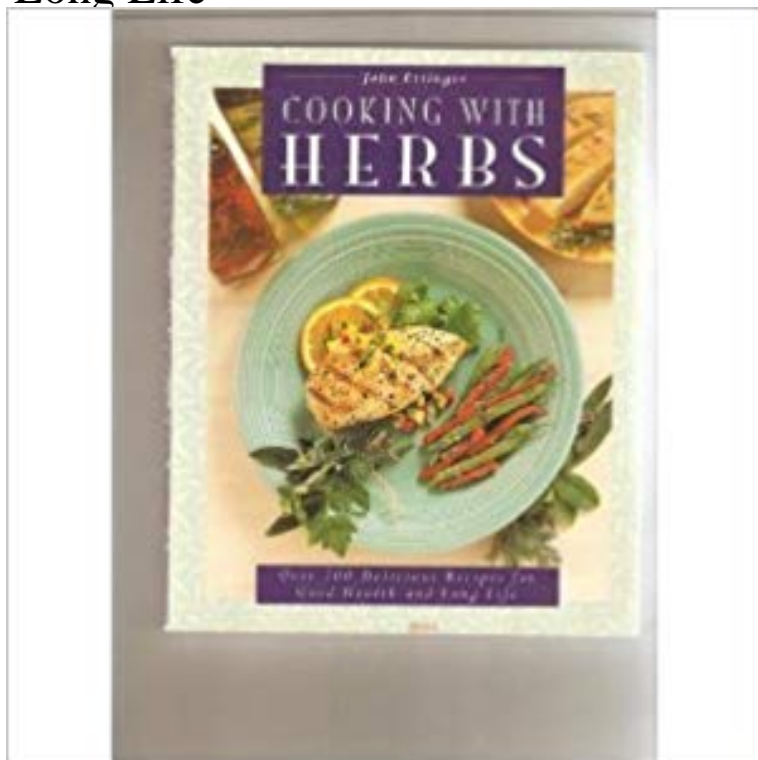


Cooking with Herbs: Over 200 Delicious Recipes for Good Health and Long Life



The food we eat has a direct effect on our health and well-being, and herbs in particular are especially potent. Aromatic and delicious, herbs can heal, soothe, and protect the body by stimulating the immune system. In *Cooking with Herbs*, John Ettinger focuses on the most pungent, flavorful, powerful herbs including anise, rosemary, mint, ginger, garlic, sage, basil, parsley, and many more. He describes the benefits of each herb and how to prepare wonderful dishes that retain its healing properties, offering irresistible recipes such as: Lemon-Garlic-Rosemary Chicken, Rosemary Focaccia, Fresh Fish with Mushroom-Dill Wine Sauce, Caraway Chicken and Noodles, Lemon Linguine with Tarragon, Mint-Mango Chutney, Asparagus Soup with Sage, Pesto, Cinnamon Muffins with Hazelnuts and almost 200 more! Each recipe includes a complete nutritional analysis as well as estimated preparation and cooking times. About the Author: John Ettinger is the author of *Fast, Fresh, and Spicy Vegetarian*; *101 Meatless Family Dishes*; and *101 Great Sauces No Butter, No Cream, No Kidding!* (all from Prima). He writes a column about creative cooking for *The Oregonian*.

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