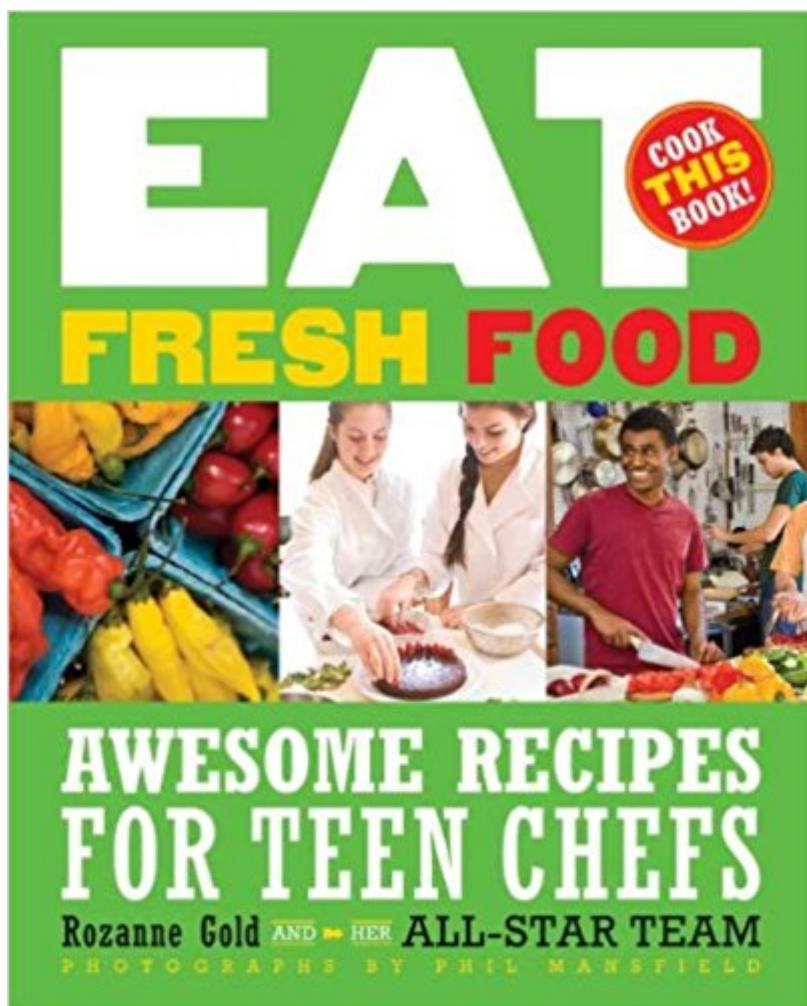


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# Eat Fresh Food: Awesome Recipes For Teen Chefs



## 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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Age Range: 12 and up

Grade Level: 9 - 12

## Customer Reviews

Grade 6â€œ10â€œ •This attractive title includes 80-plus recipes. From "Bread, Butter & Breakfast" to "Desserts & Drinks," there's a strong emphasis throughout on fresh food. Some of the dishes are remarkably simple. For example, "Sun-dried Tomato and Carrot Meatloaf" has just 5 ingredients. Others are imaginative (and usually healthier) variations on classics, like "Eggless Caesar with Toasted Pecans and Green Apple Croutons." And the veggie-burger recipe, "Chickpea Burger with Fresh Mango Salsa," is a winner. Step-by-step instructions are clear, with just the right

amount of detail. The lively design is another plus, as are the numerous color photos, showing a good mix of food and people. The introduction includes general nutrition and safety information as well as advice about choosing organic ingredients. The book concludes with suggested menus and an extensive index. Many of the recipes are vegetarian (and some are vegan), although they are not designated as such. All in all, this is a wonderful book with a contemporary style that will entice teens to try delicious recipes for family meals and get-togethers with friends.  •Lauralyn Persson, Wilmette Public Library, IL (c) Copyright 2010. Library Journals LLC, a wholly owned subsidiary of Media Source, Inc. No redistribution permitted.

Chef Gold, who wrote *Kids Cook 123* (2006), addresses teens in a cookbook that emphasizes fresh foods and healthy eating. Instead of concentrating on snacks, it offers a full range of items: breakfast foods, soups, sandwiches, pasta, pizza, salads, dinner courses with vegetables, side dishes, drinks, and desserts. Recipes list ingredients and provide instruction; the occasional sidebar explains how to slice a mango, boil an egg, or roast a vegetable, but novice chefs may need some hands-on help along the way. Excellent color photos appear throughout the book, showing ingredients, stages of preparation, and finished dishes. Among the best are the pictures showing members of Gold's multicultural teen brigade of  "happy sous-chefs" at work. A far cry from the stiffly posed shots in many kids' cookbooks, they capture the fun of young people actively engaged in cooking and eating. Enticing. Grades 9-12. --Carolyn Phelan --This text refers to an out of print or unavailable edition of this title.

I got this book for my 15yr old daughter who wants to learn to cook. I step back and let her follow the recipes by herself. If she has a question She can ask. Shes really enjoying coming up with delicious dinners for us. From this book she has made pg 96 Chicken Parm and pg 104 skirt steaks. Both really good especially the chicken parm. This book is for the kids that are not afraid to try something new and who will eat veggies. For example pg 94 Crunchy Wasabi Lime Salmon with Red Cabbage and Sugar Snaps. My daughter only found a few recipes she wants to try. Recipes are easy to follow. Ingredients are readily available. Colorful pictures.

My family is always looking for interesting cookbooks and my sister has recently shown interest in cooking healthy. She was excited when she opened it and even more excited when she tried her first recipe successfully!

My 14 yr old has expressed interest in cooking, so I ordered this and gave it to him. He has made a complete dinner twice now! He made the eggless Caesar salad for both meals, which is delicious. He also made the orange sticky pork chops and "juicy chicken" with spaghetti squash. For dessert he made apple crisp the first dinner, and zucchini banana bread the second dinner. All of it is delicious! He was able to be very independent with both meals, and the success of making a delicious meal has pumped him up. The day after he made the first meal, he came into the kitchen after lunch and started pulling out ingredients. When I asked what he was doing, he said, "making bread". And he did. Honey wheat bread, so good! I have always been hesitant to bake bread from scratch, but he made it look easy. Finally, the life lessons learned from planning his menu, to learning how to pick out the freshest produce at the grocery store, is invaluable. I only gave the book four stars because there are only 8 entree recipes and a few of them do not appeal to him. So, the book is great but I wish there were more main dishes. Still it has gotten him going and that was the goal!

This book has simply surpassed my expectations. It contains recipes that are easy to make and I can't wait to try them all. The pictures make the food look delicious, and it is so much easier when you can visualize what the end result is going to look like. I bought this to share with my fourteen year old niece so we can spend some quality time together in the kitchen and she loves it. She is just getting into preparing her own meals and wants healthy alternatives. Very impressed!

this was a gift for my friends son who loves to cook and eat...but usually not the healthiest eater.. he has been trying some of the recipes and finding healthier foods that he likes.

This was a gift to a young novice cook who wants to be a chef. He loves the book and has tried three of the recipes successfully. The perfect gift for an aspiring chef.

I bought the book Eat Fresh Food for my tween, who showed a real interest in cooking while she was taking her first home economics class in the 8th grade. I was drawn to the book because it was about real teens cooking foods that they like to eat, so I thought it would be a winner in my household, not only with my tween, but my teenager also. We thought we were up against a real challenge, but the pictures enticed my kids to pick recipes that looked scrumptious but were healthy too. My kids love fajitas and anything in a pita, so they immediately got excited about making the 'pita Fajita'. I think they were surprised that they enjoyed the flavor of the Tahini paste, which at first

there was a bit of objection to using. The recipe came out great and it seemed that it was easy for them to make and not so much of a mess for me afterward, which any parent would welcome! Recently my teenager has taken to eating somewhat healthier foods than she used to. I think that she really appreciates 'Eat Fresh Food' because of the many different but healthy and tasty ingredients that go into all the recipes. This enticed her to try and make the Grape and Pignoli Breakfast Cake. My two kids had a really fun time pressing all the grapes into the crust, during which time I think that they ate most of the grapes, but managed to leave plenty to give that cake a real grape flavor, which we all loved, especially my husband. What a blessing, a healthy and fun cookbook for kids with surprisingly easy to make recipes, we love it!!!! - The Ludwig Household!

In the vein of Jamie Oliver...a great way to get kids thinking about what to put in their bodies

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