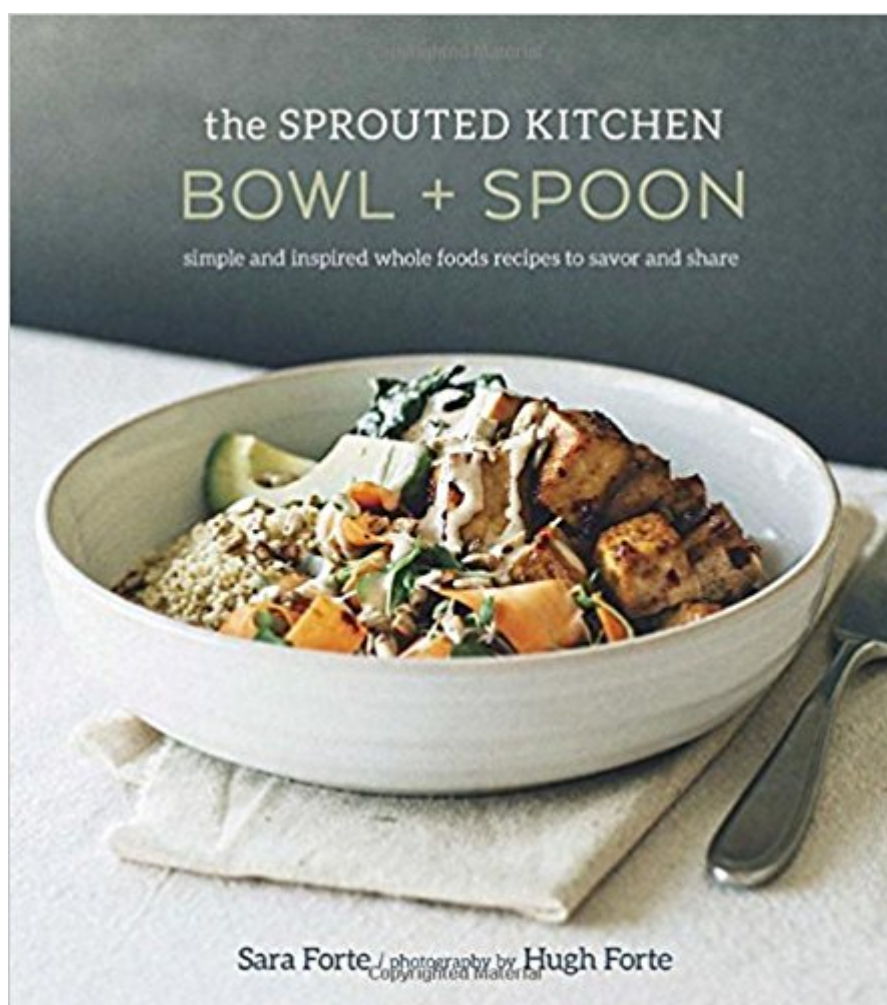


The book was found

# The Sprouted Kitchen Bowl And Spoon: Simple And Inspired Whole Foods Recipes To Savor And Share



## Synopsis

In this follow-up to her successful first book, *The Sprouted Kitchen*, blogger and author Sara Forte turns her attention to bowl food, which combines vegetables, whole grains, and lean proteins in one vessel to make a simple, complete, and nutritious meal. The bowl is a perfect vessel in which to create simple, delicious, and healthy meals. When gathered together in a single dish, lean proteins, greens, vegetables, and whole grains nestle against each other in a unique marriage of flavor and texture. This is how Sara Forte, beloved food blogger and author of the James Beard Award-nominated book *The Sprouted Kitchen*, cooks every day—creating sumptuous recipes colorful enough to serve guests, simple enough to eat with a spoon while sitting on the couch, and in amounts plentiful enough to have easy leftovers for lunch the next day. In this visually stunning collection that reflects a new and healthier approach to quick and easy cooking, Sara offers delicious, produce-forward recipes for every meal, such as Golden Quinoa and Butternut Breakfast Bowl; Spring Noodles with Artichokes, Pecorino, and Charred Lemons; Turkey Meatballs in Tomato Sauce; and Cocoa Nib Pavlovas with Mixed Berries.

## Book Information

Hardcover: 256 pages

Publisher: Ten Speed Press (March 31, 2015)

Language: English

ISBN-10: 1607746557

ISBN-13: 978-1607746553

Product Dimensions: 8.2 x 0.9 x 9.3 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 97 customer reviews

Best Sellers Rank: #60,879 in Books (See Top 100 in Books) #25 in Books > Cookbooks, Food & Wine > Special Diet > Whole Foods #32 in Books > Cookbooks, Food & Wine > Regional & International > European > Mediterranean #152 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

## Customer Reviews

“We love that Sara’s recipes are always focused on real ingredients, simple to prepare, and undoubtedly delicious. The bowl theme is brilliant and exactly how we prefer to eat our everyday meals.” —David Frenkiel & Luise Vindahl, cookbook authors and creators of the blog *Green Kitchen Stories* —A cookbook celebrating one of the most ancient and satisfying culinary

vessels is a welcome addition to my kitchen. And, as many know, Sara Forte has a knack for dreaming up nutritious and vibrant dishes. With *The Sprouted Kitchen Bowl+Spoon* there is no shortage of brilliant compositions. Simple, enticing, beautifully photographed, this is nourishing food youâ™™ll be happy to enjoy. •” Heidi Swanson, author of *Super Natural Every Day*

SARA FORTE discovered her love for whole foods while working on an organic farm. Soon after, she launched *The Sprouted Kitchen* blog ([sproutedkitchen.com](http://sproutedkitchen.com)) with her husband, Hugh. Sara’s work has been featured in *InStyle*, *Better Homes & Gardens*, *Sunset*, *Fine Cooking*, *The Kitchn*, *Etsy*, *Food 52*, and *EcoSalon*, and the blog was a recent finalist in *Saveur’s Best Food Blog Awards for Best Food Photography*.

After I bought this book, I kind of forgot about it among my other cookbooks. Then one day I went on a grain salad kick and decided to try the summer quinoa salad; that’s when I realized what a gem had been hiding in my bookshelf all those months! Since then, I have also made the turkey meatballs and the peanut sauce. Everything has been incredible so far, and there are so many more that I am dying to try! The recipes are healthy, well seasoned, and adventurous. The burrata and fig breakfast bowl makes my mouth water, and I was so excited to find recipes that utilized pomegranate molasses, za’atar, and herbs de Provence. These ingredients may seem obscure, but can be purchased online or made at home! Do yourself a favor: if you are on the fence, go ahead and buy this book. You won’t regret it!

A beautiful and tasty sequel to Sara’s first book, *The Sprouted Kitchen*. She appeals to my love of a meal-in-a-bowl. Her choice of ingredients and ability to substitute makes this kind of cooking fun. I love her dialogue too, similar to her *Sprouted Kitchen* blog which I devour. How can you resist making each and every recipe after salivating over Hugh Forte’s gorgeous photography? Bravo to Sara and Hugh and can’t wait ’til book #3!!!

I love the whole foods approach to Sara’s books! These recipes are a little more time intensive because there are so many components to prep separately (a sauce, grains, protein, veggies), but doing some basic prep on the weekends can really speed up the process for weeknight dinners. My favorite recipe for sure is the Chickpea Deli Salad!

Right after I receive this, I didn’t hesitate to look for a recipe and try it. It turned out well! I love the

pictures and I've been using some recipes here everyday! :)

Love this book. Really like the laid-back feel. The author weaves her story throughout the book. Very simple, tasty & healthy recipes.

This is one of my most-used cookbooks right now. Every recipe I have made from this cookbook has been delicious.

Yet another great book from Sara Forte! Loved simple yet flavorful recipes.

I've been following The Sprouted Kitchen blog for a few years. While the recipes and the photography on the site are outstanding, it is Sara's voice that sets the blog apart from the rest. There is an honesty to her writing that I admire. The Sprouted Kitchen Bowl and Spoon brings with it Sara's clarity in her voice and in her recipes. Hugh's photos are, as always, breathtaking. And I love that the book is devoted to their little son, Curran. It will make him proud. I highly recommend this cookbook, along with their first effort, The Sprouted Kitchen. As a home cook and cook book collector, I am pleased to add this book to my library. Dena@ Gathering Flavors (gathering-flavors.com)

[Download to continue reading...](#)

The Sprouted Kitchen Bowl and Spoon: Simple and Inspired Whole Foods Recipes to Savor and Share  
Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet)  
Whole Food: The 30 Day Whole Food Challenge â€œ Whole Foods Diet â€œ Whole Foods Cookbook â€œ Whole Foods Recipes (Whole Foods - Clean Eating) 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook â€œ Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH BLACK & WHITE PICTURES; Whole Foods Cookbook â€œ Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss  
The Sprouted Kitchen: A Tastier Take on Whole Foods  
Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic)  
Whole Food: 60 Recipes of Complete Whole Food Diet to a Total 30 Day Transformation - The Whole Food 30 Diet Meal Plan Guide (30 Day Calendar Cookbook of Whole Foods)  
Whole Foods: 30-Day Whole Food Cleanse - Plant Based Whole Foods

for Beginners, Including over 50 Delicious Recipes Whole Foods: Plant-Based Whole Foods For Beginners: 30 Simple and Tasty Recipes for Exciting Meals and Healthy Weight Loss Introduction to No-Knead Turbo Bread (Ready to Bake in 2-1/2 Hoursâ | No Mixerâ | No Dutch Ovenâ | Just a Spoon and a Bowl): From the kitchen of Artisan Bread with Steve 30 Day Whole Food Slow Cooker Challenge: Whole Food Slow Cooker Recipes; Pictures, Serving, and Nutrition Facts for Every Recipe! Fast and Easy Approved Whole Foods Recipes for Weight Loss 30 Day Whole Food Slow Cooker Challenge: 100 Whole Food Slow Cooker Recipes with Photos and Nutrition Info for Every Meal; Approved Whole Foods Recipes for Rapid Weight Loss 30-Day Whole Food Slow Cooker Challenge: Whole Food Recipes For Your Slow Cooker â “ Fast ,Delicious and Easy Approved Whole Foods Recipes for Weight Loss! Gumbo: a Savor the SouthÂ® cookbook (Savor the South Cookbooks) Pure Cookies | Sprouted, Raw Vegan & Gluten-free: Americas favorite cookies recreated with simple whole ingredients. Whole: 29 Days Of Whole Eating And Top 50 Unique Paleo Inspired Recipes-Reset Metabolism And Lose Weight By Eating Whole Food Diet Whole: The 30 Day Whole Food Diet CookbookÂ© (The Healthy Whole Foods Eating Challenge - 120+ Approved Recipes & One Full Month Meal Plan for Rapid Weight Loss) Daniel Fast: 50 Plant Based, Whole Foods Daniel Fast Recipes+Daniel Fast Food List And Breakthrough Secrets (Daniel Fast, Daniel Plan, Daniel Plan Cookbook, Whole Foods, Daniel Fast Cookbook) 30 Day Whole Foods Challenge: Beginner’s Guide with 150+ Compliant and Yummy Recipes Guaranteed to Lose Weight (Slow Cooker Recipes, Whole Food Recipes, Sugar Detox, Food Addiction)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)