

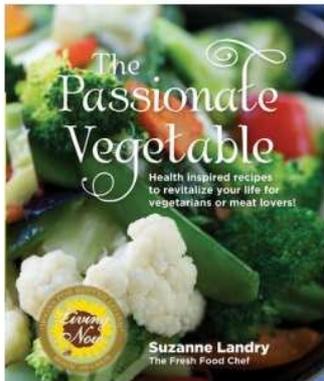
## Mommy's Memorandum

*Giveaways, Product Reviews, Features and the  
Chaotic Comedy I've Come to Call My Life.*



### The Passionate Vegetable A Harvest of Health Cookbook

APRIL 18, 2013 BY JULEE LEAVE A COMMENT



Cookbooks are my passion. I love browsing through them, trying a new recipe and discovery ways that make food transform into love. One of my new recent favorites is Suzanne Landry's *The Passionate Vegetable*.

The pictures are amazing. I spent the first run through the book drooling over the pictures. The colors are splendid and make my mouth water. Then it was time to sit down and browse the recipes.

As I went through chapter by chapter I found my roots somewhere reminding me that I wanted to eat healthier. I want to follow the steps of my grandparents, but deeper, perhaps their grandparents where spring seedlings poke through the soil and create a harvest that's bountiful. I want to stop shaking my head that vegetables have to be a side dish and incorporate them more into the everyday dish. I didn't want to be like my grand-daddy whom I remember when it was nearing the end of strawberry season saying he was "growing tired of eating strawberries". He ate only what was in season.

Suzanne Landry does this from Healthy Start Breakfasts, Salads, Soups, Grain, Beans and Vegetables. I was shaking my head in agreement, fist pumping the air. Then I read *To Meat or Not to Meat* and I heard my grandfather saying he was a meat and potatoes man and deep down I knew that I, too, had followed that path. Suddenly it came into a light that I could still eat meat and merge healthier vegetables into dishes. That I didn't have to drop what I love and start from scratch four decades into my life. No. Landry says I can have it all.

I watch my children pile their plates high with steamed broccoli. I watch as my siblings get excited over green beans. My taste buds lay down, tired of the same old, same old.

Landry is the role model I need. She has raised her children to look to nutritious health. She has taught vegetarian cooking classes for one-third of my life. Her students aren't all vegan or

vegetarians, many of them are just like me, wanting to eat better and increase vegetable intake. It's about more vegetables and high-fiber whole grains and means and dare I say it, less meat protein. I love that word LESS.

These recipes are simple reminders that we can have it all. We can fuel our bodies, have flavor and make a meal colorful. Landry understands I'm on a quest and she provides tips for stocking the pantry, making choices, information on food and even cooking tips.

I'm mesmerized by how Landry has adapted classic fare like breakfast muffins and chili con carne and create a whole new recipe. It's a reason to be passionate. The pure simplicity and great flavor of fresh, seasonal vegetables prepared in easy to make recipes.

I love The Passionate Vegetable and am suddenly looking forward to this growing season!



Julee is a quirky, dorky, North Carolina Transplant with an appetite to taste the world, meets its desserts and blog about them. When she's not behind the computer you can find her playing with her family, reading a good book, being a Bon Jovi fangirl and celebrating the little things.

Source: <http://mommymemorandum.com/passionate-vegetable-harvest-health-cookbook/>