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Cookbook Review: The Passionate Vegetable

by Lisa Johnson on April 8, 2013 in Book, Review



photo credit: Lisa Johnson

I was so excited to speak with Suzanne Landry, The [Fresh Food Chef](#) and author of *The Passionate Vegetable: Health inspired recipes to revitalize your life for vegetarians or meat lovers!* Meat lovers? I have to admit I rarely see a veg-oriented cookbook that includes meat. It seems to be one or the other.

Suzanne gave me some of her background when I asked her about it. Her two older kids were having food sensitivity issues and she was dealing with an ovarian cyst. Her third child prompted her to really start researching for better ways to eat, and she shifted from the Standard American Diet over to a macrobiotic one.

The family was vegan for about 12 years and all health problems cleared up quickly. But over the years, Suzanne found she was having some trouble digesting beans (a vegan protein source) and started adding back in a little meat ([a controversial step among vegans](#)). Hence the balance of lots of healthy produce and grains with a little bit of meat in her cookbook.

I talked to her about some of her favorite recipes in [The Passionate Vegetable](#) (Amazon affiliate link).

“I think the stir fry with chinese fried rice ... we still love that and it’s easy to do during the week. It’s a stand by in our house because it’s so quick and delicious. You can purchase the teriyaki sauce to cut corners. I also like the spicy rub salmon. I just did that for a party recently and got rave reviews.”

“My cashew cream is the topping I really love ... it goes on top of everything and it’s rich tasting. The hot tamale pie was a favorite with the kids when they were growing and the California Quinoa Salad is by far the most popular with clients and students.”

Suzanne has a great section in the beginning of the book talking about her philosophy about food. She recommends Whole Foods Meal Planning which is 45% vegetables, 10% fresh fruit, 25% protein and fats, and 20% complex carbohydrates (whole grains.)

Suzanne talks about how to transition from the Standard American Diet over to a more natural one and has steps on how to get there; even a grocery list for your pantry to get you started. She pretty much gives you everything you need, except for the chef’s knife to start cooking.



photo credit: Lisa Johnson

I was so into this book as I flipped through it, I found a couple of recipes and headed straight to the grocery store to pick up what I needed. We made ratatouille with [spaghetti squash](#) (totally delicious and my first time making spaghetti squash!) and the Wow! Turkey Burgers. The turkey

burgers are pretty awesome because you skip the egg but add shredded carrot, shredded zucchini, diced onions, and parsley so there's quite a bit of veggies in there. My husband and son NEVER have seconds and they were fighting for the leftovers. A definite hit!

I recommend you pick up a copy of Suzanne's book and try out a few recipes that appeal to you. I think you'll be very happy with your purchase. And to Suzanne, it was so lovely meeting you and I hope we can stay connected. You are an amazing True Food ambassador. :-)

We'll be sharing the Wow! Turkey Burger recipe later this week.

Cheers,

Lisa

Source: <http://truefoodmovement.com/cookbook-review-the-passionate-vegetable>