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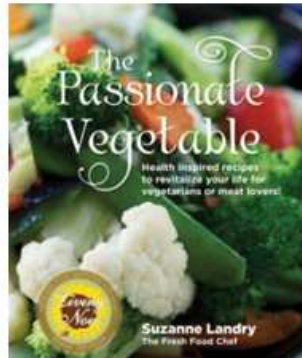
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Products: 'The Passionate Vegetable', a new book

By Barbara Peters Smith, Herald-Tribune / Monday, April 8, 2013

We all know we're supposed to eat at least five servings of fruits and veggies a day.

Suzanne Landry, an organic gourmet chef who has taught vegetarian cooking to "flexitarians" and nutrition to cancer patients for 35 years, says she personally has met very few people who achieve that goal. So she set out to bring some joy to cooking healthful meals brimming with vegetables and whole grains, and this new second edition of "The Passionate Vegetable" really hits the mark.



The sumptuous photos will have your mouth watering for red beans and brown rice — no kidding. Recipes are easy to shop for and execute. Better still, they're inspiring: I never would have thought to put beets and tangerines together in a salad (the colors are great together), slip zucchini into a turkey burger, or mix red rice with a mango chicken salad.

Just in time for summer, there are lots of unconventional salads — like spinach with turkey sausage and low-fat buttermilk dressing — to regenerate some passion about eating the right stuff. Available online for \$29.95.

— Barbara Peters Smith

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BARBARA PETERS SMITH

Barbara Peters Smith covers aging issues for the Sarasota Herald Tribune. She can be reached by email or call (941) 361-4936.



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