



# **The Clean Plates Cookbook: Sustainable, Delicious, and Healthier Eating for Every Body**

*Jared Koch*

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Jared Koch's first book, *Clean Plates Manhattan*, demystified "clean eating" and mapped out healthy restaurant options all over New York. Continuing in the extremely timely topic of eating clean, organic, and well, his second book, *The Clean Plates Cookbook*, offers sensible, sustainable, and healthful home cooking for anyone interested in integrating good foods into their lives. It shows readers how to shop for the best ingredients no matter what their diet (omnivores, vegetarians, and vegans can all "eat clean") and how to prepare food that's simple and delicious. Tips and inspiration from chefs and nutrition experts appear throughout the book, and the invaluable resources section breaks down the recipes by category and offers more of his clear and useful shopping guides.

Clean eating is anything but boring: recipes cover beverages, breakfasts, snacks, inventive entrées, and desserts with things like Quinoa Carrot Muffins, Cracked Wheat Sushi, Wild Mushroom Gratin, Lamb Tikka Masala, and Cocoa Cherry Brownies.

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