

# Healthy And Tasty Recipes Fresh From The Garden

## Your Guide to Cooking with Fresh, Seasonal Produce

If you're looking for healthy and tasty recipes using fresh, seasonal produce, look no further! This cookbook is packed with over 100 recipes that will help you make the most of your garden's bounty.



### The Country Cookbook: Healthy and Tasty Recipes Fresh from the Garden by Matthew Goods

★★★★☆ 4.5 out of 5

Language	: English
File size	: 27645 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 104 pages
Lending	: Enabled



From salads and soups to main courses and desserts, there's something for everyone in this cookbook. And because the recipes are organized by season, you can easily find dishes that are perfect for whatever produce is in season.

So what are you waiting for? Start cooking with fresh, seasonal produce today!

## **Here's a sneak peek at some of the recipes you'll find in this cookbook:**

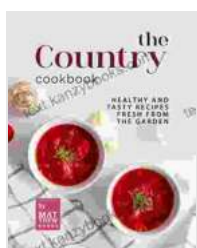
- Spring:
  - Asparagus and Pea Salad with Lemon-Tahini Dressing
  - Strawberry Spinach Salad with Balsamic Vinaigrette
  - Creamy Tomato Soup with Fresh Basil
  - Roasted Chicken with Spring Vegetables
  - Lemon Blueberry Pound Cake
- Summer:
  - Grilled Corn Salad with Avocado and Lime
  - Watermelon and Feta Salad with Mint
  - Chilled Cucumber Soup with Dill
  - Grilled Salmon with Roasted Summer Vegetables
  - Peach Cobbler with Vanilla Ice Cream
- Fall:
  - Roasted Butternut Squash Soup with Apples
  - Harvest Salad with Roasted Brussels Sprouts and Pomegranate
  - Turkey Chili with Sweet Potatoes and Corn
  - Roasted Chicken with Fall Vegetables
  - Apple Crumble with Cinnamon and Sugar

- Winter:
  - Creamy Cauliflower Soup with Roasted Garlic
  - Brussels Sprouts and Bacon Salad with Balsamic Glaze
  - Beef Stew with Winter Vegetables
  - Roasted Chicken with Root Vegetables
  - Gingerbread Cookies with Cream Cheese Frosting

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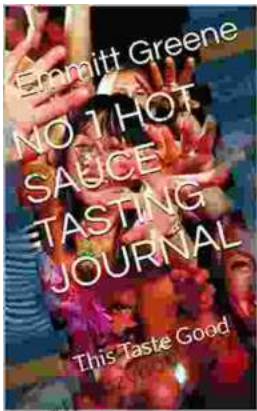
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## Unveiling the Power of 35 Phytochemicals: Nature's Secret Weapons for Disease Prevention

1. Anthocyanins (blueberries, cherries, cranberries): Powerful antioxidants that protect against heart disease, cancer, and cognitive decline. 2. Beta-carotene (carrots,...



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