



Oh She Glows Every Day: Quick and Simply Satisfying Plant-based Recipes

By Angela Liddon

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An instant *New York Times* bestseller!

Angela Liddon's eagerly awaited follow-up to the *New York Times* bestseller *The Oh She Glows Cookbook*, featuring more than one hundred quick-and-easy whole-foods, plant-based recipes to keep you glowing every day of the year.

Angela Liddon's irresistible and foolproof recipes have become the gold standard for plant-based cooking. Her phenomenally popular blog and *New York Times*-bestselling debut, *The Oh She Glows Cookbook*, have amassed millions of fans eager for her latest collection of creative and accessible recipes. Now, in this highly anticipated follow-up cookbook, Liddon shares wildly delicious recipes that are perfect for busy lifestyles, promising to make plant-based eating convenient every day of the week—including holidays and special occasions! Filled with more than one hundred family-friendly recipes everyone will love, like Oh Em Gee Veggie Burgers, Fusilli Lentil-Mushroom Bolognese, and Ultimate Flourless Brownies, *Oh She Glows Every Day* also includes useful information on essential pantry ingredients and tips on making recipes kid-, allergy-, and freezer-friendly. A beautiful go-to cookbook from one of the Internet's most beloved cooking stars, *Oh She Glows Every Day* proves that it's possible to cook simple, nourishing, and tasty meals—even on a busy schedule.

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Bibliography

- Sales Rank: #1899 in Books
- Brand: Avery Publishing Group
- Published on: 2016-09-06
- Released on: 2016-09-06
- Original language: English
- Number of items: 1
- Dimensions: 10.00" h x .90" w x 8.10" l, .0 pounds
- Binding: Paperback
- 352 pages



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Editorial Review

Review

Praise for *Oh She Glows Every Day*

“This is such a complement to Angela’s first cookbook—more healthy and usable recipes that will become part of your everyday cooking. With salads for any occasion, great snacks for adults and kids, and weekly staples like hazelnut milk and veggie burgers, I’m excited to have many of these recipes on hand.”

—Sara Forte, author of *The Sprouted Kitchen* and *The Sprouted Kitchen: Bowl + Spoon*

“With just a handful of ingredients, Angela creates fabulous quick and easy recipes that are bursting with flavor, and loaded with nutrients. With this book, healthy fast food is not only a reality, but a spectacular one!”

—Tess Masters, author of *The Blender Girl* and *The Blender Girl Smoothies*

“There she glows again! Angela’s second book is divinely inspired and endlessly inspiring—she is a fountain of brilliant recipe ideas that will surely motivate both rookie cooks and seasoned chefs alike. These new dishes strike the perfect balance between healthy and delicious, luring us into a world where good food is always good for us, even if it doesn’t taste that way! I especially love the pantry section of this book with its beautiful photographs and clear tips for organizing a plant-based, whole foods kitchen. I cannot wait to get cooking, Angela. Thank you for sharing your passion and genius with us all!”

—Sarah Britton, author of *My New Roots*

“This book gives me serious cravings! Angela makes everyday comfort and nourishment completely exciting with these thoughtful recipes. Her take on plant-based cooking here is encouraging, accessible, and appropriate for so many of life’s moments. Angela’s instructions and firsthand anecdotes read like a friend showing you the way, and the gorgeous photos seal the deal. *Oh She Glows Every Day* could make a vegan out of anybody.”

—Laura Wright, creator of the *Saveur* award-winning blog *The First Mess*

“Angela’s recipes are simply stunning, foolproof, and most importantly, delicious. Between the energizing breakfasts, meal-sized salads, and her holiday-worthy entrées, her recipes continually make an appearance in my kitchen. And, her desserts are show-stoppers!”

—Jeanine Donofrio, author of *The Love and Lemons Cookbook*

About the Author

Angela Liddon is the founder, recipe developer, and writer behind OhSheGlows.com - an award-winning destination for healthy plant-based recipes, with millions of visitors each month. Her work has been featured in local and international publications such as *VegNews*, *O*, *The Oprah Magazine*, *Fitness*, *The Kitchn*, *Self*, *Shape*, *National Post*, *The Guardian*, *Glamour*, and *Best Health*, among others. She has also won several awards, including *VegNews* Best Vegan Blog for three consecutive years, *Chatelaine*’s Woman of the Year Hot 20 Under 30 award, and *FoodBuzz*’s Best Veg Blog and Best Overall Blog. Her first cookbook, *The Oh She Glows Cookbook*, is an international bestseller. It was selected as Indigo’s Book of the Year for 2014 and appeared on the *New York Times* bestseller list. Liddon and her husband, Eric, and daughter, Adriana, live in Oakville, Ontario, Canada, with their cat, Sketchie. Liddon’s blog can be found online at www.ohsheglows.com.

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Roasted Garlic Basil Pesto Potatoes with Arugula

VEGAN, GLUTEN-FREE, NUT-FREE, SOY-FREE, GRAIN-FREE, KID-FRIENDLY

SERVES 4

PREP TIME: 15 MINUTES

COOK TIME: 40 MINUTES

This is one of those amazing side dishes that disappears incredibly fast! It's a fancy, restaurant-worthy recipe that is sure to impress special guests. (If you are serving a large crowd, I recommend doubling the recipe since it only serves four as a side.) If you've been skeptical about arugula in the past, I encourage you to give this recipe a try; the spicy, peppery-tasting green pairs beautifully with a bold and bright pesto. If you can't find baby arugula, be sure to chop regular arugula into bite-size pieces so it's easier to eat. Hemp hearts add a kick of protein and omega-3 fatty acids for a nutritional boost. This dish is amazing served warm, but the chilled leftovers taste great as well.

Ingredients:

FOR THE POTATOES

2 pounds (900 g) Yukon Gold or red potatoes, unpeeled, chopped into 1-inch (2.5 cm) cubes (about 6 cups/1.5 L)

1 tablespoon plus 1 1/2 teaspoons (22 mL) extra-virgin olive oil

Fine sea salt and freshly ground black pepper

FOR THE ROASTED GARLIC

1 large garlic head

1/2 teaspoon (2 mL) extra-virgin olive oil

FOR THE PESTO

1 cup (250 mL/3/4 ounce/20 g) lightly packed fresh basil leaves

3 to 4 tablespoons (45 to 60 mL) hemp hearts

1/4 cup (60 mL) extra-virgin olive oil

2 tablespoons (30 mL) fresh lemon juice, or to taste

1/4 teaspoon (1 mL) fine sea salt

Freshly ground black pepper

FOR THE SALAD

3 cups (750 mL) baby arugula, chopped

Fresh lemon juice, for serving(optional)

1 tablespoon (15 mL) hemp hearts, for garnish

Directions:

1. Preheat the oven to 400°F (200°C). Line an extra-large baking sheet (15 by 21 inches/38 by 53 cm) with parchment paper.
2. Make the potatoes Place the potatoes on the baking sheet and toss with the olive oil until thoroughly coated. Spread the potatoes into an even layer. Season with a couple of pinches of salt and pepper.
3. Make the roasted garlic Slice the top off the garlic bulb so all the individual garlic cloves are trimmed. Place garlic bulb on a square of aluminum foil (about 8 inches/20 cm square) and drizzle the top of the

cloves with the olive oil. Wrap the garlic bulb entirely in the foil and place it on the baking sheet with the potatoes.

4. Roast the potatoes and garlic for 20 minutes, then remove pan from the oven and flip the potatoes with a spatula. Return the potatoes and garlic to the oven and continue roasting for 15 to 20 minutes more, until the potatoes are golden and fork-tender.

5. Make the pesto In a food processor, combine the pesto ingredients and process until mostly smooth, stopping to scrape down the bowl as necessary. Keep the pesto in the processor because we will add the roasted garlic as the final step.

6. Remove the potatoes and garlic from the oven. Carefully unwrap the garlic bulb and let cool for 5 to 10 minutes, until it's cool enough to handle.

7. Turn off the oven and return the potatoes to the oven with the door ajar so they stay warm. (You can also put the potatoes into an oven-safe casserole dish so the dish stays warm when serving.) Squeeze the roasted garlic cloves out of the bulb. You should have about 2 packed tablespoons (30 mL) of roasted garlic. Add it into the food processor with the pesto. Process until mostly smooth—you can add a touch more oil if necessary to get it going.

8. Assemble the salad This is the important part where you need to act fast; I like to assemble the salad very quickly so that it's warm when I serve it. Grab a large serving bowl and place the arugula in the bottom of the bowl. You can break it up into smaller pieces with your hands a bit. Then, remove the potatoes from the oven and quickly place them into the serving bowl on top of the arugula. Toss the potatoes and arugula with the pesto until thoroughly combined. Taste and season with salt and pepper. Sometimes I add another drizzle of lemon juice if I feel like the dish needs more acidity. Sprinkle on the hemp hearts and serve immediately.

Tip: On the rare chance that you have any leftovers, I've discovered that this side works great as a cold potato salad. Just serve it straight from the fridge!

Users Review

From reader reviews:

Lorretta Cox:

The e-book with title Oh She Glows Every Day: Quick and Simply Satisfying Plant-based Recipes includes a lot of information that you can discover it. You can get a lot of profit after read this book. This book exist new know-how the information that exist in this publication represented the condition of the world right now. That is important to you to understand how the improvement of the world. This kind of book will bring you within new era of the global growth. You can read the e-book on your own smart phone, so you can read that anywhere you want.

David Bruce:

People live in this new moment of lifestyle always try to and must have the free time or they will get wide range of stress from both daily life and work. So, once we ask do people have extra time, we will say absolutely yes. People is human not really a robot. Then we question again, what kind of activity are there when the spare time coming to an individual of course your answer may unlimited right. Then do you ever try this one, reading publications. It can be your alternative in spending your spare time, the particular book you have read is Oh She Glows Every Day: Quick and Simply Satisfying Plant-based Recipes.

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