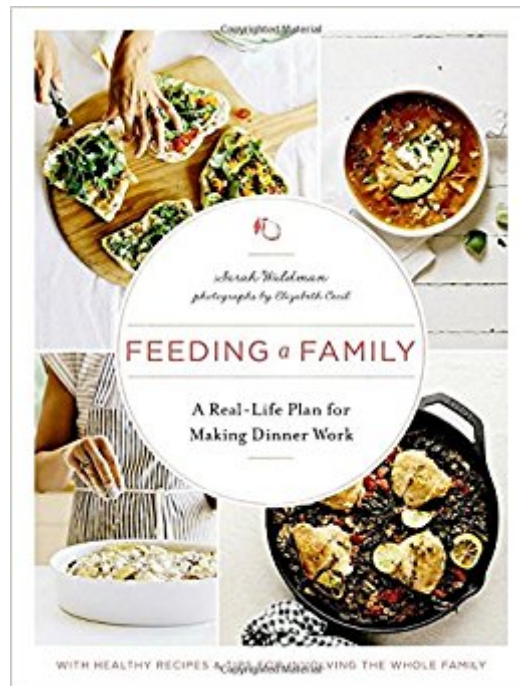




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# Feeding A Family: A Real-Life Plan For Making Dinner Work



## Synopsis

40 seasonal meals, 100 recipes, and loads of tips and strategies to make weeknight dinners work

Reclaim the family dinner! In *Feeding a Family*, nutritionist and mom Sarah Waldman lays out all the tools you need to break out of the mealtime rut and turn dinner into a nutritionally fulfilling and happy occasion—despite busy schedules, long work days, and picky eaters. Through forty complete meals, you'll discover hearty dinners the whole family will love, including:

- A meal for using up the best summer garden produce: Make-ahead Zucchini, Beef, and Haloumi Cheese Skewers with Chimichurri Sauce paired with Tomato, Peach, and Red Onion Panzanella and Lemon-Blackberry Custard
- A cozy and comforting dinner for a frenzied fall day: Creamy Tomato and Spinach Soup with Grilled Cheese Croutons and Pear Pie in Cornmeal Crust
- The perfect meal for the busiest night of the week: Slow Cooker Indian Butter Chicken with Sweet Peas and Lemon-Pecan Shortbread Cookies
- A warming (and fun) winter meal: One-pot Slurpee Noodle Bowls with simple Chocolate, Peanut Butter, and Date Truffles for dessert
- Sunday suppers for when you have a bit more time to play in the kitchen, such as Homemade Pasta with Heirloom Tomato Sauce and Pavlova with Blueberries

With suggestions for including older kids in mealtime prep, tips for feeding baby, and ideas for extending ingredients for "tomorrow's dinner," *Feeding a Family* is a playbook that includes the whole family.

## Book Information

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## Customer Reviews

"Sarah's recipes are my favorite kind of recipes—wholesome, simple, and

most important, strategic. Feeding young kids often requires a bona fide battle plan, and this book outlines that plan deliciously. —Jenny Rosenstrach, author of *Dinner: A Love Story* and *How to Celebrate Everything* “I consider myself pretty adept at cooking wholesome meals, but since I’ve had kids, I have found it more difficult to make something for dinner that everyone will eat. Sarah’s book is filled with ideas that help put a colorful and virtuous meal on the table without complicating things or taking a ton of time. I’ll be using this book as a weekly reference. —Sara Forte, author of *Sprouted Kitchen* and *Sprouted Kitchen: Bowl + Spoon* “Sarah Waldman’s *Feeding a Family* is filled with recipes for simple, wholesome, and seasonal meals. Maybe more important, it offers a recipe for cultivating a family mealtime tradition where stress and fuss melt away and togetherness takes center stage. Written in a style that’s relatable, upbeat, and encouraging, *Feeding a Family* gives parents of young children pragmatic tips for reclaiming dinnertime, one meal at a time. —Erin Boyle, author of *Simple Matters* and creator of the blog *Reading My Tea Leaves* “Sarah Waldman’s *Feeding a Family* manages to be beautifully modern and dreamily old-fashioned in equal measure. It reminds us that taking the time to cook from scratch is one of the most full-hearted ways to care for a family and provides the tools and season-by-season recipes to make it happen. The deliciously homespun desserts alone are worth the price of the book. —Katie Sullivan Morford, author of *Rise & Shine*

Sarah Waldman fell in love with food while playing “cooking show” with her little sister in the 1980s. Decades later, she followed that passion to the Institute of Integrative Nutrition to study the connections between food and personal wellness. Now Sarah spends her time being a mother, food writer, and recipe developer. As a health-focused home cook, she develops and offers recipes for simple, whole-food meals appropriate for every member of the family. Her work has been featured in *Fine Cooking*, *Shape*, *Edible Vineyard*, *Food52*, and *The Coastal Table*. Sarah lives on Martha’s Vineyard with her husband and two boys. On her blog ([SarahWaldman.com](http://SarahWaldman.com)) she shares healthy, seasonal recipes that celebrate a family-focused life. Elizabeth Cecil is a professional photographer. Whether she is shooting food, lifestyle, or travel, her work is inspired by light, color, and her natural surroundings. Elizabeth aims to capture visual authenticity and poetry in everything she photographs. Her work has appeared in *Bon Appetit*, *Saveur*, *Coastal Living*, and the *Wall Street Journal*. She is a contributing photographer and the founding photo editor of *Edible Vineyard*. When she’s not making pictures, you can find her out catching waves with her

husband or in the kitchen baking a pie. Elizabeth lives on the island of Martha's Vineyard except when she boards the ferry or hops on a plane to travel for work.

This is such a cool book -- it provides a lot of inspiration and practical advice for busy parents and families and is surprisingly entertaining. Recipes and cooking advice are fantastic and delicious but also practical. Then the author mixes in some life style elements which makes it hard to put down and fun. Beautiful book as well -- photos and layout are all A+. A happy beautiful family living in an idyllic setting on Martha's Vineyard.

Great Cookbook! Realistic recipes for real families. The recipes helped us get out of our weekly food rut with stuff my kids will actually eat. Baked fries that are actually good, chicken dishes that aren't over done with 20 ingredients... The photos are stunning and get you wanting to get cooking. I recommend this book to anyone who has kids.

A wonderful collection of recipes, with a delightful philosophy of life with children, applicable to all age groups.

A beautiful cookbook that I'll actually use! Really approachable and the recipes are delicious. Love that the recipes are for a complete meal so you don't have to think about finding 3 recipes to create a full dinner. Loved the suggestions for tailoring elements to kids and babies so parents aren't cooking separate meals for little ones. Great suggestions for getting kids involved in a realistic way. So many things I want to make! Would be a great gift for young families.

Sarah's new book has become a quick family favorite. I love that the recipes are organized into full meals. We made the red lentils with coconut milk and spinach for dinner this weekend, because my older daughter had her eye on the chocolate-mint milkshake which is the recommended accompaniment. The milkshake turned out to be a real game changer for us, because I had never used dates to sweeten smoothies before - worked like a charm. I've found there are lots of these little tips and tricks throughout the recipes that I am starting to incorporate into my everyday cooking. I also love how clear, doable and easy to shop for the recipes are - many ingredients coming from pantry staples. Not to mention the simply gorgeous photos. Can't recommend this book highly enough.

I've got a meat and greasy food loving husband, yet when I make Sarah's meals for him, he ALWAYS loves them! Sarah has had such an impact on how I feed my family because I've gotten so many great recipes and tips from her blog over the years. So naturally I jumped for this book as soon as it came out! It's a practical, delicious, yet fun cookbook and gave me new ideas for wholesome, healthy meals that aren't compromised in flavor. I think her book is so well-rounded because she has vegan options, vegetarian options, meat lover meals, healthy dessert options, yet she's not afraid to INDULGE too. Which to me, is a more realistic approach to food. Moderation, freedom, having FUN with food (not being afraid of the "bad" stuff), but also valuing food for it's nutrition too. Other things I loved about this book:-She gives great pointers on how to build your pantry and meal plan for the week. (She recommends having a couple of easy "pantry" meals each week with 2 or 3 meals that require more effort).-If your cooking for company, she has laid out complete meal plans already, so you don't even need to think about what kind of side dish and dessert would go great with that main course (she's already done the work for us!).-For each main course, she gives ideas on how to use leftovers for an easy throw together dinner the next night. This book inspired me to head back into the kitchen and feed my family seasonal, yet EASY meals. I highly recommend it.

I have been a fan of Sarah's food and blog for years and I am so happy to now own this beautiful hard copy collection of her recipes. Everything is seasonal, simple, and always delicious- totally doable even for the busiest mothers of young children. What I love best about her recipes is the fact that they are healthful but not restrictive. They make me feel GOOD about feeding myself and my family instead of sad that I'm missing out. This lovely book, by way of Sarah's food and Elizabeth Cecil's beautiful photographs, takes you through a year of eating on the dreamland of Martha's Vineyard. It is just as wonderful to page through it as it is to taste the goodies within it! Some favorite highlights include: Leek, Potato, and Feta Galette; Slow Cooker Indian Butter Chicken; German Apple Pancake with Sharp Cheddar; Kale and Sweet Potato Tacos with Black Beans; Cod Cakes with Poached Eggs; and the countless fresh and different snacks, smoothies, and desserts! Yum!

I had high expectations for this book but most of the recipes were not what I would consider to be "kid friendly" or even "adult friendly"....because they were either too exotic, difficult to prepare or just weird. example; creamy pumpkin fettuccine, black bean quinoa burgers, cilantro-lime grilled tuna?? No no and more no! This book is in no way a "real-life plan for making dinner work".

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