



High Fiber, High Flavor: More than 180 recipes for good health

Rosemary Moon

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With **High Fiber, High Flavor**, eating healthily and getting lots of fiber doesn't have to be boring or bland. Author Rosemary Moon uses foods naturally high in fiber in over 180 delicious dishes touching on cuisines from around the world, from soups and appetizers to main courses, vegetables, breads, and desserts. The book includes:

- an introduction to high-fiber foods and tips on how to change your diet
- how to make easy changes in food choice and recipe preparation to increase fiber
- information on the varieties of grains and beans
- Soups and chowders
- Salads and appetizers
- Main dishes -- chicken, meat, seafood, vegetable entrees, pasta dishes
- Desserts
- Breads, cakes and cookies.

Here are high-fiber variations on traditional favorites, such as French onion soup, gazpacho, pasta primavera, lasagna, cornbread, sticky buns and ice cream. And here are exciting dishes that despite sounding lavishly delicious are nutritious and fiber-rich:

- Orange and Butternut Soup
- Crab and Sweet Corn Soup
- Tortilla Wheels with Pineapple Salsa
- Warm Jalapeno Bean Dip
- Stuffed Anaheim Chiles
- Crab Balls with Sweet Lime Sauce
- Spinach and Pancetta Risotto
- Spiced Baked Beans
- Chicken and Kidney Bean Gumbo
- Shrimp Chow Mein
- Trout with Wild Rice Stuffing
- Rum and Raisin Yogurt Ice Cream
- Date and Ginger Pudding
- Fig and Pecan Pie
- Pear and Banana Bread
- Rhubarb Streusel Cake
- Peanut Butter Cookies.

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