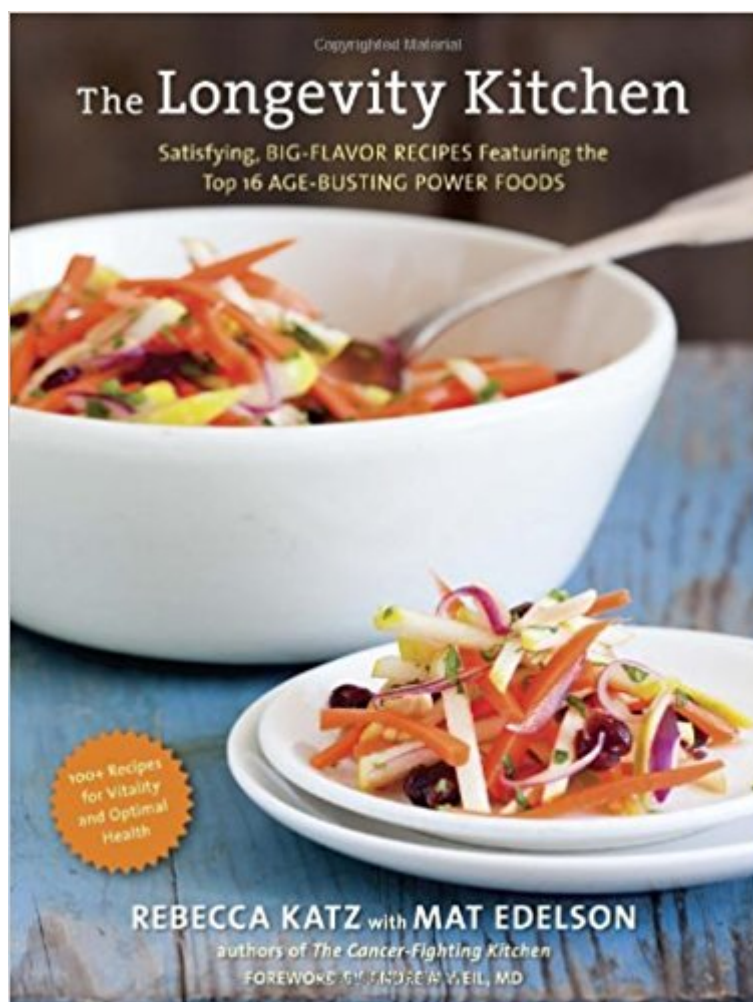




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The Longevity Kitchen: Satisfying, Big-Flavor Recipes Featuring The Top 16 Age-Busting Power Foods [120 Recipes For Vitality And Optimal Health]





Synopsis

A collection of 125 delicious whole-foods recipes showcasing 16 antioxidant-rich power foods, developed by wellness authority Rebecca Katz to combat and prevent chronic diseases. Despite our anti-aging obsession and numerous medical advances, life spans are actually shortening because of poor lifestyle decisions. But it doesn't have to be so. Food-as-medicine pioneer Rebecca Katz highlights the top sixteen foods proven to fight the most common chronic conditions. Katz draws on the latest scientific research to explain how super foods such as asparagus, basil, coffee, dark chocolate, kale, olive oil, sweet potatoes, and wild salmon can build immunity, lower cholesterol, enhance memory, strengthen the heart, and reduce your chances of developing diabetes and other diseases. This practical, flavor-packed guide presents the most effective and delicious ways to use food to improve the performance of every system in the body. Katz explains the health advantages of each main ingredient, and includes menu plans to address specific symptoms and detailed nutritional information for each recipe. Easy-to-find ingredients are incorporated into a powerful arsenal of tantalizing recipes, including: Roasted Asparagus Salad with Arugula and Hazelnuts Costa Rican Black Bean Soup with Sweet Potato Black Cod with Miso-Ginger Glaze Herby Turkey Sliders Thyme Onion Muffins Yogurt Berry Brûlée with Almond Brittle Based on the most up-to-date nutritional research, The Longevity Kitchen helps you feed your family well and live a long and vibrant life.

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Customer Reviews

Featured Recipe from The Longevity Kitchen: Insanely Good Chocolate Brownies Jumbo shrimp. Airline food. Boneless ribs. Fuzzy logic. Some words just don't seem to belong together. I'm betting you'd say healthy brownie falls into that category. Au contraire! How do I know that isn't the case? Because there was a lot of "yumming" in my kitchen as a gaggle of brownie aficionados devoured these. Refined white sugar out; Grade B maple syrup in. See ya white flour; hello almond flour and brown rice flour. Fare-thee-well butter; come-on-down olive oil! Add dark chocolate, walnuts, and cinnamon, and the result is a decadent culinary oxymoron for the ages. Makes 16 brownies Prep Time: 20 minutes Cook Time: 30 minutes

Ingredients 1/3 cup almond flour, homemade (page 226) or store-bought 1/3 cup brown rice flour 2 tablespoons natural unsweetened cocoa powder 1/2 teaspoon ground cinnamon 1/2 teaspoon baking soda 1/8 teaspoon sea salt 8 ounces dark chocolate (68 to 72% cacao content), chopped 1/3 cup extra-virgin olive oil 2 organic eggs 1/3 cup Grade B maple syrup 1/3 cup maple sugar 1 teaspoon vanilla extract 1/2 cup coarsely chopped walnuts (optional), toasted

Cook's Note You can also use a 9 by 6-inch baking pan. If you do, the baking time will be only about 25 minutes. Who Knew? Cacao content is the amount of pure cacao products (chocolate liquor, cocoa butter, and cocoa powder) used in the chocolate; the higher the percentage, the more antioxidants the chocolate contains. And if you're into addition by subtraction, higher cacao percentages mean lower sugar content. Directions Preheat the oven to 350° F. Line an 8-inch square baking pan (see note) with two pieces of foil long enough to overlap on all four sides. Lightly oil the foil. Put the almond flour, brown rice flour, cocoa powder, cinnamon, baking soda, and salt in a bowl and stir with a whisk to combine. Put half of the chocolate in a heatproof bowl and set the bowl over a saucepan of simmering water. Heat, stirring often, just until the chocolate is melted and smooth. Remove from the heat and whisk in the olive oil. Crack the eggs into a large bowl and whisk until frothy. Slowly add the maple syrup and maple sugar, whisking all the while, and continue whisking until the mixture is smooth. Add the vanilla extract, then gradually add the chocolate, whisking vigorously all the while, and continue whisking until smooth and glossy. Add the flour mixture and beat for about 1 minute. Stir in the remaining chocolate and the walnuts. Scrape the mixture into the prepared pan and smooth the top with a spatula. Bake for 30 minutes or until a toothpick inserted in the center comes out clean. Let cool to room temperature in the pan, then cover and refrigerate for at least 1 hour before cutting into 16 brownies. Variation: For brownies that are more fudgy, replace the rice flour with another 1/3 cup of almond flour.

Featured Recipe from The Longevity Kitchen: Roasted Asparagus Salad with Arugula and Hazelnuts You can learn a lot sitting on the tailgate of a pickup truck. That's where my buddy Chris, from Zuckerman's Farm, used to sit

me down and teach me about all things asparagus. Chris worked hard--awfully hard--as a farmer. He was true salt of the earth, and as generous as they come. Normally, there's an invisible line: farmers behind their wares and buyers on the other side, but Chris always insisted I "step into his parlor." Both of us were always so excited when the first asparagus of the season showed up. He'd put aside a bunch for me, and then we'd both hop up on that tailgate and talk about recipes, how amazingly nutritious asparagus is, and, a lot of the time, about life and family. Chris passed away not long ago, and I felt the best way I could honor him was to create a recipe featuring his favorite veggie. I think he would have enjoyed this, and I hope you will too. Makes 4 servings Prep Time: 15 minutes Cook Time: 10 minutes

Ingredients 1/3 cup hazelnuts 2 bunches asparagus (about 2 pounds), tough ends snapped off and discarded, then peeled (see note) 2 tablespoons plus 2 teaspoons extra-virgin olive oil Sea salt 2 tablespoons freshly squeezed lemon juice Freshly ground pepper 4 cups loosely packed arugula

Cooking Note Peeling the asparagus gets rid of the stringy, sometimes tough outer layer and exposes the sweet flesh underneath. To peel it, use a regular vegetable peeler with a light touch to shave off just the skin. This technique is not necessary with thin asparagus spears.

Directions Preheat the oven to 400° F. Put the hazelnuts on a rimmed baking sheet. Put them in the oven for 5 to 7 minutes as it preheats, until aromatic and browned. Transfer to a plate or, if you'd like to remove the skins for a more refined texture and appearance, wrap them in a towel and give them a good rub. The majority of the skins will come right off. Coarsely chop the hazelnuts. Put the asparagus on the same baking sheet in a single layer. Drizzle with the 2 teaspoons of olive oil and generously sprinkle with salt. Toss gently to evenly coat the asparagus. Bake for 8 minutes, until just barely tender. Put the lemon juice, the 2 tablespoons of olive oil, 1/4 teaspoon of salt, and a few grinds of pepper in a small bowl and mix well with a small whisk. Put the arugula in a large bowl. Drizzle with half of the dressing and toss until evenly coated. Mound the arugula on individual plates or a platter and arrange the asparagus on top. Drizzle with the remaining dressing and sprinkle the hazelnuts on top. Variation: Substitute toasted pistachios or walnuts for the hazelnuts.

Classify this collection in the good-for-you, wholesomeness section—but with a few differences. Author-chef and certified nutritionist (The Cancer Kitchen, 2009, is one of her books) Katz, with the help of writer Edelson, tries to tame our never-ending struggle between the healing foodstuffs (antioxidants and the like) and the "I got a taste for this" American diet. The solution? It's called compromise. Though the white ingredients, like sugar and flour,

are verboten, Katz does find many ways to infuse flavor into more than 100 dishes that will tempt our taste buds. Poultry and fish make a more than occasional appearance— for instance, in chicken tortilla soup and smoked-salmon nori rolls. There's little to no preaching about the badness of the foods we tend to eat but an emphasis, instead, on the 16 power foods, such as asparagus, coffee, green tea, kale, wild salmon—with appropriate scientific backup. There's a mini chapter devoted to "Sweet Bites," the best part of any meal.

--Barbara Jacobs

Ever remember that dumb question asked in primary school, if there was a fire, what would you save? Well, the more appropriate question in regard to cookbooks would be, if you were going on an airplane on a long trip where you would be cooking a lot, what are the 3 cookbooks you would bring? Keeping in mind the annoying weight limit on luggages. Not surprisingly, Longevity Kitchen was one of the ones I took on my voyage overseas. I have accumulated a rather sick amount of cookbooks, and I think if I had just this one to begin with, there would be a lot more space in the apartment for art books!! I tend to find recipes and repeat them. The recipes are ALL phenomenal. My dad thinks I'm mental for owning as many cookbooks as I do, so I didn't mention to him that nearly all the things I made for him came from this one book. The almond flour mini muffins are the best thing ever, but I always have to remind people they should limit themselves to 3 a day as they are made of nuts and high in calories. For that recipe, I use less sugar and honey than called for and the chocolate version is pretty addictive. The white bean chicken chili is delicious as is the avocado salad with green goddess dressing. The dessert section, all looks amazing, but I've only made the brownies, which were hard to believe they were healthy. Actually, everything in this book is ridiculously healthy, but you won't notice as it all just tastes phenomenal. Thank you Ms. Katz for sharing your talent with us all! You really are starting a revolution of sorts :)

My dietitian recommended this cook book and I'm so glad I took her advice. I actually read it cover to cover before cooking anything--it's so informative. I've since recommended it to several people who, like me, want to eat better but get overwhelmed to the point of inaction by all the things you "should eat" that you have NO idea how to tastefully prepare. I love how Rebecca walks you through the science of each ingredient and the role it plays in better health and organization of the book so you can focus in on recipes that meet your specific goals. I've since watched some of her videos on her website and I'm even more enchanted by her. She inspired me to be adventurous in the kitchen and I'm loving every minute--and I'm eating healthy, real food like I always wanted!

I LOVE this cookbook. Everything I've tried is super delicious. Many of the recipes look long because every bite is totally packed with good stuff, but they don't take long, and most call for making enough so my husband and I have enough for several meals. Even making just one recipe from this book a week makes me feel super healthy! though I usually make more than one! She does two things I've never seen before -- she has "elixirs and tonics" which aren't weird but just super healthy recipes, and for most if not all of her recipes she gives ideas if the recipe is not quite to your taste -- like a delicious pasta sauce recipe she said one might want a bit more salt or a little lemon juice (I didn't need either). She's fantastic because she's both a CHEF and a nutritionist -- and a far far better nutritionist than I've read before other than in textbooks, taking advantage of all the wonderful nutrients in foods. I actually saw her work recommended on the professional site Medscape, aimed at doctors and nurses. With Mat Edelson, the writing is fantastic as well -- funny, comforting, helpful. One note: the summary says she showcases sixteen foods, but really she showcases hundreds of good foods, which is what I prefer anyway!

This book (I have the downloaded version) is simply amazing. Just for the soup and blueberry muffins alone this was worth every penny. I have dairy allergies and she totally accommodates this. Also, she uses all the right healthy food people need to eat. And she explains why. She has a cookbook with recipes that are nourishing and healthy for someone going through cancer. Since I'm a survivor I still feel that eating healthy and eating the right foods couldn't be more important. She talks about that and even has the same or similar recipes in this book. If you want amazing, healthy and extremely tasty (no blandness here!) then you want this book. Heck, I'd get them all.

I have read this book cover to cover. There is ONE recipe I wasn't going to try. Changing my life to clean eating & the recipes in this book make it Oh So Simple & Delish! I'm giving these to all the women in my family next Christmas. Have you ever been so excited about a cookbook ~ I feel like a little kid who just got what I wished for Christmas. Merry Merry to me! This is my #1 cookbook now.

I totally agree with this review! Got my copy on the release date last week and have been drooling ever since. The chicken with artichokes and olives is one of my early fav's too. I had green olives stuffed with anchovies, which was a nice extra burst of tang, as was the addition of a bit of preserved lemon at the end of cooking (I had a BIG crop of citrus, so all of my friends got jars of preserved citrus). I recommended this cookbook to a friend this am, and she asked me if the recipes

were useful if you had to make dinner in a hurry. I can honestly say that this book delivers on the quick! We all have some of those wonderful cookbooks (any of the Greens books come to mind) that have just a few too many steps or ingredients to be useful mid-week. Yes, the broths in The Longevity Kitchen can be made on weekends when you can put a pot on and let it do its business for a couple of hours and then stock your freezer, but the recipes are more often quick fixes to plain ol' veggies or "what am I going to do with chicken tonight." The herbs and spice combinations not only make for delicious combinations I never considered, but also inspire me to improvise with a healthy, scientific framework. Thanks Rebecca and Mat for an informative, scientifically sound, nutritious and especially delicious collection!

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