



# Taste Pure and Simple: Irresistible Recipes for Good Food and Good Health

*Michel Nischan*

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As seen on Oprah!

Acclaimed chef Michel Nischan knows that eating well is all about balance, and his beautiful cookbook proves that robust meals can be both healthy and flavorful. Avoiding the high-fat dairy products prevalent in so many cookbooks, he uses vegetable juices and olive oil to achieve the same luscious flavors. Who knew that sweet potatoes make a rich sauce that's fabulous drizzled over orriander-seasoned duck? Or that creamy white bean dip spread on crusty bread could make you forget about butter? And after eating a healthful dinner, it's okay to indulge in a dessert like Flourless Hazelnut Cake. A chapter on basics provides a solid foundation of stocks and sauces, while the glossary describes how to find and use unusual ingredients. For the good home cook who craves something new and delicious and particularly those who want to eat well while maintaining a heart-healthy diet, it's simply a matter of *Taste Pure and Simple*.

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