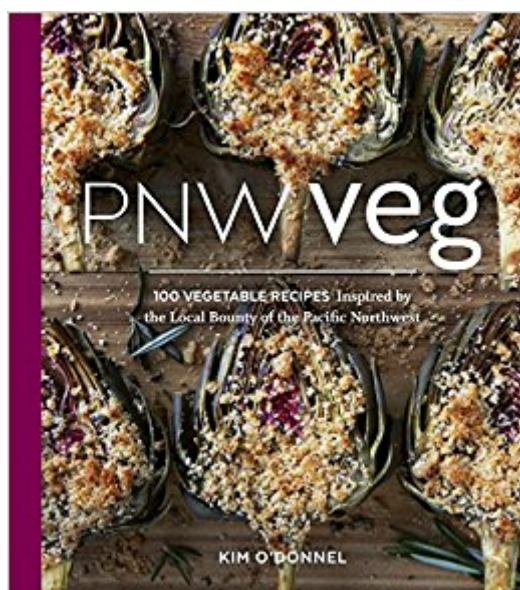


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# PNW Veg: 100 Vegetable Recipes Inspired By The Local Bounty Of The Pacific Northwest



## Synopsis

Simply delicious, healthy “vegetable-forward” recipes are at the heart of this cookbook that celebrates the bounty of the Pacific Northwest. From simple weeknight meals to on-the-go snacks and sweet-tooth satisfying desserts, this book gives you over 100 ways to celebrate seasonal produce, with recipes like Sweet Corn and Red Lentil Soup, Baked Pasta and Greens Casserole, Cherry Fro-Yo, and more. Vegetarians and omnivores alike will be eager to eat their vegetables, and the convenient gluten-free and dairy-free symbols make navigating the book a breeze for reader with dietary restrictions.

## Book Information

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## Customer Reviews

“PNW Veg” is a feast for your eyes and your tummy! Kim O’Donnel’s creative combo of flavors accompanied by lively personal narrative and tips will get you out of your recipe rut and ignite a passion to prepare plants. Eating healthy, local, fresh produce will never be boring again!  
•Trudi Inslee, first lady of Washington  
“Sassy sister” Kim O’Donnel digs deep into the Pacific Northwest for a fresh crop of recipes as fun as they are fascinating. Foraging for new ingredients while putting a spin on old favorites, she grooves on greens and grains, proves her mettle with the nettle, and picks a peck of (local) produce sure to turn even the most devout carnivore into a veg lover.  
•Nancy Leson, KNKX Radio, food commentator  
“What a colorful and exciting collection of recipes brimming with lively flavors. This is a book people can love and a book to cheer about. Maybe with the help of Kim’s

Rhubarb Salsa, people will fall in love with raw rhubarb too!

•Paula Wolfert, award-winning author of nine cookbooks, including *The Food of Morocco* “Velvety and sexy, crackling and crunchy, PNW Veg is a culinary bounty. Alongside sumptuous photography, these recipes are vivid, fresh, and filled with delights, from fried fiddleheads to chocolate-beet bundt cake—each is tantalizing and original. ODonnel draws forth the pleasures of eating your vegetables. Readers will be intrigued, delighted, and absolutely inspired.”

•Diana Abu-Jaber, author of *A Life Without a Recipe* and *The Language of Baklava* “Vegetables are wicked sexy dressed or undressed, and they are plentiful and all around us. Kim spotlights these sexy little beasts from the PNW with her veg-forward, plant-passionate voice and friendly, doable recipes. No matter what corner of the globe you’re in, this cookbook will show you how to delight all you serve.”

•Derek Sarno, plant pusher at WickedHealthyFood.com “It’s not an exaggeration to say: Kim ODonnel helped turn me onto vegetable-focused cooking.”

•Washington Post “...especially appealing are ODonnel’s instructive, encouraging tips and kitchen notes that remove obstacles almost before they can be formulated.”

•Oregon Public Broadcasting “The recipes, including many gluten-free and vegan options, spark with lively ingredient combinations. But especially appealing are ODonnel’s instructive, encouraging tips and kitchen notes that remove obstacles almost before they can be formulated.”

•Oregon Public Radio “Seattle cookbook author Kim ODonnel’s new book will expand [your] cooking repertoire with a focus on local, seasonal veggies.”

•Seattle Times “Healthy and simply delicious vegetables are at the heart of this cookbook.”

•Edible Seattle “A new cookbook that celebrates the bounty of the Pacific Northwest.”

•KATU-TV “Amazing photos of plated masterpieces.”

•The Register-Guard “Local produce finds its way into every meal in another book by Meatless Monday pioneer Kim ODonnel. Through beautiful photos and more than 100 recipes, ODonnel’s argument for eating more veggies is pretty convincing.”

•Seattle Magazine “Makes the special flavors of the Pacific Northwest accessible to home cooks, no matter where they live.”

•Extra Crispy “Every so often, a vegetarian book comes along that demands home cooks sit up and take notice. This is one of those books that will both inspire and delight...”

•CRAFT by Under My Host “Crispy-fresh!”

•NW Book Lovers “Highlights include desserts, frittata, and black bean and beet burgers.”

•West Seattle blog “Simply delicious.”

•PDX Food Press “Beautiful photographs and crave-worthy food await you this ode to the Pacific Northwest.”

•Eat Your

Books"[This book has] all sorts of fresh ideas for cooking regional delicacies." **•Portland Oregonian**"If one person understands just how much Portlanders love their veggies, it's Kim O'Donnel. PNW Veg | dish[es] out ways to make the most of the abundance of vegetables in the Pacific Northwest." **•Portland Monthly**"Celebrates the produce of [O'Donnel's] Pacific Northwest home." **•The Daily Gazette**"No matter your level of cooking or vegetable expertise, you'll feel at home in this cookbook. O'Donnel covers the basics and offers helpful tips throughout to give further insight into the recipes." **•The Inlander**"Kim O'Donnel is a master of incorporating more vegetables into her meals, [with] locally sourced, seasonal ingredients." **•Spokane Spokesman-Review**"I need to get my co-host a copy!" **•Food For Thought on KNKX**"Offers 100 healthy vegetable-based recipes that take full advantage of the resources provided by the Pacific Northwest region." **•Portland Mercury**"As my eating habits have changed, I've continued to be inspired by Kim O'Donnel's work." **•The Columbian**"The recipes are applicable to kitchens everywhere, and even the ones with esoteric ingredients like fiddlehead ferns (turned into fritters and dipped in an herby ginger sauce) can be made on [the east] coast." **•Northern Virginia Magazine**"Vegetarians and omnivores alike will be eager to eat their vegetables, and the convenient gluten-free and dairy-free symbols make navigating the book a breeze for reader with dietary restrictions. It is perfect in offering ideas for every meal of the day for people who are working to incorporate more veggies into their diets." **•Joint Forces Journal**"Make this your new summer cookbook!" **•Cookus Interruptus**"PNW Veg offers satisfying, uncomplicated recipe ideas for people who are working to incorporate more vegetables into their diets." **•Meat Free Mondays**"PNW Veg is a delight to simply browse through and inspiring to plan menus with." **•Midwest Book Review**"This is an excellent trade paperback vegetarian cookbook from the Pacific Northwest." **•San Diego Book Review**"Fortunately for the rest of the country, many of these vegetables are available in other regions, so PNW Veg doesn't have to be PNW-exclusive." **•Meatless Monday**"From cover to cover, the meatless recipe collection, based on what O'Donnel refers to as the 'land of abundance,' is accompanied by Charity Burggraaf's beautiful photos that make your eyes rejoice, and then your mouth water." **•Creative Loafing**

KIM O'DONNEL is a twenty-year veteran of the food world as a chef, journalist, and teacher. She has dispensed culinary advice and covered food policy for numerous publications, including

Civil Eats, the Washington Post, and USA Today. The first Meatless Monday blogger on record, O&apos;Donnel is a known authority on the continuing trend of eating less meat for health and environmental reasons. Kim lives in Seattle, where she spreads the gospel of home cooking. This is her third book.

The book is beautiful and the recipes are delicious! I love it!

We are vegetarians and are always looking for inspiration when cooking. We belong to a weekly produce service and have so many vegetables to use every week, its great to have a new cookbook to give us ideas of ways to use our bounty. PNW Veg: 100 Vegetable Recipes Inspired by the Pacific Northwest, is great for a vegetable based diet. There are all kinds of recipes in this book. There is a chapter on Starters & Snacks, which include appetizers, many of which are made with focaccia bread. There are chapters on soup, pancakes ( spinach pancakes with feta butter), Grains & pastas, (Squash pasta), egg recipes, desserts, and more. There's a cookie recipe that uses red lentils in the batter! There are cakes, pies, and polentas found in this cookbook. Yes, the recipes are a bit over the top. You have to be able to improvise as many of the ingredients aren't available everywhere, or are cost prohibitive. Black bean and beet burgers sound delicious but the recipe is labor intensive. From grinding the oats to make oat flour to cooking whole beets and mashing them, I don't have the time to make a recipe this labor intensive, never mind costly, just to end up with bean burgers. Chocolate Beet Bundt cake had me asking why? There's a recipe for cranberry juice that just sounds delicious. And a great recipe for curing lemons, that I have started already. This recipe claims to keep lemons for a minimum of 3 months in the the refrigerator. Again, there are great recipes that give me ideas, but there are only two of us here and it isn't prudent for us to use so many ingredients in our meals. This would be great for a large family that has access to lots of fresh vegetables and exotic ingredients, if the cook in the house has a lot of time to prepare meals.

I'm always looking for ways to increase our vegetable consumption and this book looked really good. Some recipes call for ingredients that may be hard to find outside the Pacific NW, for me, when you get a book that specifically mentions an area in the title, I figure local, hard to find ingredients, can be a factor. However, there are plenty of easily sourced, fast fix recipes in here that are really good. The puree of black beans and rice is easy, quickly comes together, filling and packs a flavor punch with the cumin and chipolte packed in adobe. The spinach pancakes with feta butter wasn't difficult, but it was a totally new taste experience that was really good and surprising. Egg

fried brown rice with cabbage and apples puts a twist on both fried rice and the idea of cabbage and apples as only a German inspired pork dish. Wild rice with roasted cranberries, chile oil, and sunflower seeds works as a summer dish, and would also make a great appearance on a Thanksgiving table. It was hard to leave enough roasted cranberries for the recipe. Tomatoes are a favorite of mine, and the cherry tomato cobbler with cheddar biscuit topping is simply delicious. Everything I want in a warm, rustic, tomato dish. I really liked the interesting and inventive flavor combinations. Some went to far but when I find a book that inspires me to try new combinations and they turn out yummy, the book becomes a keeper. In today's world of online ordering and expanded shopping, finding items like chickpea flour becomes easier.

Note: though there are many vegan recipes, this is primarily a vegetarian recipe book. The description doesn't make this clear, but I wanted to put this out there in case anyone was wondering. That being said, the recipes are often vegan, often simple, and if not vegan, they are easily modified by substituting Earth Balance, olive oil, vegan yogurts or sour creams, etc... We've tried a few of the simple recipes and they are very tasty and easy to make. The book has a very user friendly layout and is very easy to read when making recipes. My one slight little knock down to four stars is just that many of the recipes are pretty basic. Salt and pepper tofu for example: tofu, oil, salt, pepper. Basic indeed. But they can be nice for those wanting a quick inspiration and not having a lot of time to peruse a complex set of cookbooks for ideas. The main focus of this recipe book is veggies of course, and there are a lot of fun ways to prepare the wonderful produce bounty of the Pacific Northwest from a fellow Pacific Northwesterner.

PNW Veg is a lovely cookbook if what you're looking for is visual inspiration and variety. It's the kind of cookbook that seems designed more to leaf through and dream on than to systematically cook out of, more like a collection of magazine recipes punctuated by lush photography than a methodical introduction to any one set of ingredients or techniques. For that purpose, it succeeds, but for others it may be frustrating. It's full of neat ideas, but also heavy on Seattle-specific farmer's-market ingredients that may be hard to find elsewhere (specific species of fiddlehead ferns, that kind of thing), and techniques that are often not very weeknight-friendly, or seem like kind of a big production better suited for a special occasion (eg elaborate fresh-herb sauces and "toasted nut dusts" and the like). The recipes are vegetarian, with heartiness and protein largely provided by legumes (lots of lentils, chick-pea flour, etc.) and soy (lots of blended-in silken tofu). I don't know if I'll really be cooking out of this book all that much, but I'll certainly enjoy it

as a coffee-table flip.

I wanted this book as a "show" cookbook for the kitchen, while learning creative and tasty recipes. This book definitely delivers on both accounts, with its with vibrant colors, lovely commentaries and recommendations, and fresh, creative, quirky recipes. I am always intrigued by vegetarian cooking, and was excited about these new flavors like "pureed broccoli and ginger soup," "black bean and beet burgers," and "chocolate beet bundt." Excited to try these recipes out with fresh summer ingredients!

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River Cottage Veg: 200 Inspired Vegetable Recipes  
Northwest Bounty: The Extraordinary Foods and Wonderful Cooking of the Pacific Northwest  
The Timber Press Guide to Vegetable Gardening in the Pacific Northwest (Regional Vegetable Gardening Series)  
Foghorn Pacific Northwest Hiking: The Complete Guide to More Than 1,000 Hikes in Washington and Oregon (Moon Pacific Northwest Hiking)  
Backyard Bounty: The Complete Guide to Year-Round Organic Gardening in the Pacific Northwest  
WEIGHT WATCHERS 360 Points Plus Program Plan Veg Power Vegetable Cookbook  
The Bounty: The True Story of the Mutiny on the Bounty  
Northwest Fruit & Vegetable Gardening: Plant, Grow, and Harvest the Best Edibles - Oregon, Washington, northern California, British Columbia (Fruit & Vegetable Gardening Guides)  
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Saami Inspired Bracelet Basics: How to make a Saami inspired pewter thread bracelet. (Saami Inspired Bracelets)  
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The Deepest Roots: Finding Food and Community on a Pacific Northwest Island (Northwest Writers Fund)  
Northwest Foraging: The Classic Guide to Edible Plants of the Pacific Northwest  
Razor Clams: Buried Treasure of the Pacific Northwest (Northwest Writers Fund)  
Northwest Passage: Twenty-Five Years of the Burlington Northern in the Pacific Northwest  
Cascadia: Inspired Gardening in the Pacific Northwest (ILLUSTRATED)  
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