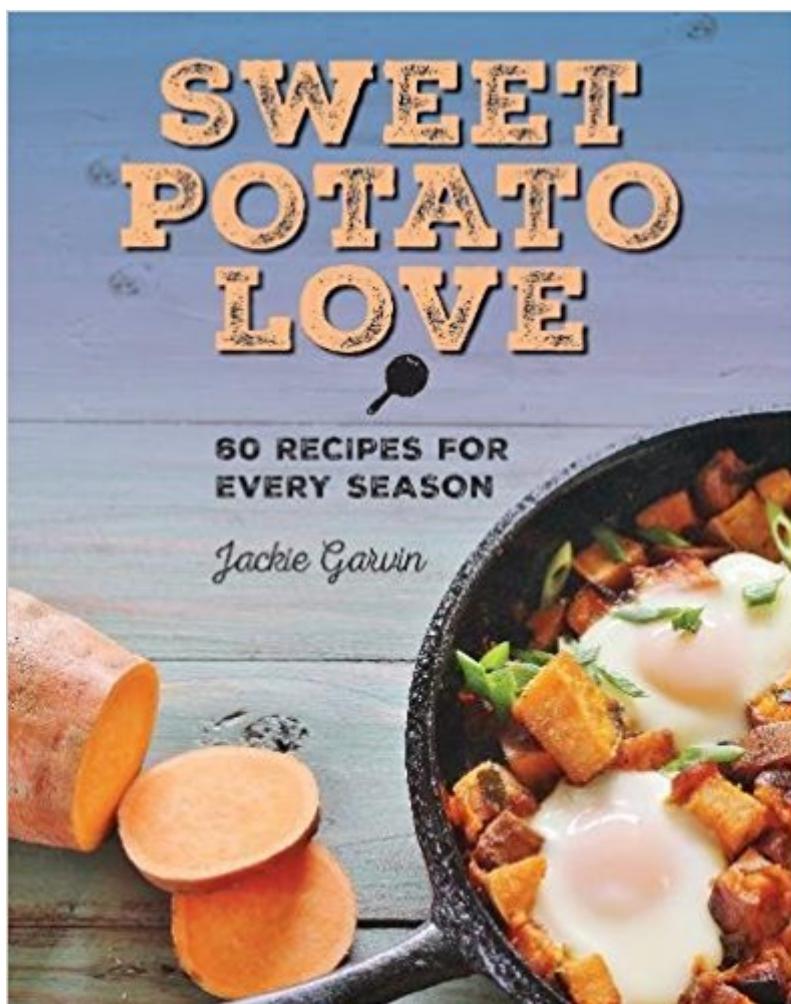


The book was found

Sweet Potato Love: 60 Recipes For Every Season



Synopsis

Easy recipes for chefs of all levels and fans of the true star of the fall season: the sweet potato! Sweet potatoes have always been part of our country's history. While they quickly became a beloved part of the diet of United States Southerners, they weren't always appreciated by the rest of us. In recent years, we've all come to our senses and promoted these root vegetables to the rock star status they deserve. In addition to their versatility and taste, sweet potatoes are a powerhouse of nutrition and have been named one of the ten most important vegetables globally. Sweet Potatoes: 60 Recipes for Every Season contains more than sixty sweet and savory recipes with emphasis on seasonal ingredients. Along with several variations of sweet potato pie, you'll find creative recipes for tasty dishes such as: sweet potato cornbreadpulled pork tacos with sweet potato slawapple brined chicken and sweet potato skillet dinnermaple sweet potato granolasweet potato apple butterand more!Whether you're a vegetarian, athlete, picky eater, or cast-iron enthusiast, you'll discover recipes that will easily become staples in your meal rotation. It can fit into the nutrition plan for every lifestyle and taste preference across the country. Alongside these delicious sweet and savory recipes, author Jackie Garvin also provides a narrative with full-color photographs explaining the life, from harvest to shipment, of the sweet potato.

Book Information

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Customer Reviews

"Jackie's grasp on traditional Southern fare is well displayed in her latest cookbook. In it, she tantalizes the reader with an incredible assortment of dishes from breakfast to desserts featuring

sweet potatoes. Somehow, Jackie manages to transform the simple sweet potato into a fabulous ingredient worthy of being showcased at any meal. It's a potato lover's dream come true;a real winner!" Melissa Sperka, author of Melissa's Southern Cookbook • You'll be charmed by the wit and photographs, will want to use sweet potatoes in new ways, and will keep this book handy all season long to stimulate your palette and dress the table. • There's so much more to sweet potatoes than just casserole! Jackie shows some incredible ways to think outside of the box when it comes to this amazing and versatile root vegetable. • Stacey Little, author of The Southern Bite Cookbook

Jackie Garvin retired to focus on cooking, eating, digging in the dirt, and writing about it after a successful career as a registered nurse, corporate executive, and entrepreneur. In 2011, she created her Southern food blog, Syrup and Biscuits, to chronicle wonderful food memories before they were forgotten. She is also the author of Biscuits: Sweet and Savory Southern Recipes for the All-American Kitchen. She lives in Valrico, Florida, with her husband and basset hound.

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