

spring's hottest new reads



Spring's Hottest New Reads

Our lineup of the latest cooking and wellness books will help you savor the season to the max!

BY ANNA LEE BOSCHETTO,
PHOTOGRAPHY BY VINCENZO PISTRITTO

spring's hottest new reads



AT HOME WITH NATALIE

Growing up, journalist and author Natalie Morales was accustomed to living abroad – with her father working in the Air Force, her family moved eight times in her first 18 years. But no matter where she was in the world, her mother's kitchen was always a source of comfort. The foods that Morales tried in her many homes and countries inspired *At Home with Natalie: Simple Recipes for Healthy Living from My Family's Kitchen to Yours*. With each chapter, Morales takes you and your family on a journey around the world, where food is about balance and mealtime is about gathering your family around the kitchen. You'll find chapters such as "Power-Up Breakfast" and "Family Dinners," where Morales offers her healthier takes on both global and traditional dishes. **By Natalie Morales with Ann Volkwein (\$30, Houghton Mifflin Harcourt)**

ONCE UPON A CHEF, THE COOKBOOK

In *Once Upon a Chef, the Cookbook: 100 Tested, Perfected, and Family-Approved Recipes*, European-trained chef Jennifer Segal takes recipe creation to the next level. For Segal, time is of the essence, and you can't afford to have a recipe that's off the mark, so she's done everything in her power (and then some) to serve up 100 recipes that hit the mark right on. Plus, she dives into her culinary tool kit and gives you the rundown on the essential kitchen gadgets everyone needs right now. Home cooks will appreciate that Segal uses her extensive culinary training to offer professional tips on topics such as balancing flavors, and parents will like the side tips on how to revise certain recipes to suit the tastes of picky little eaters so that everyone can dine happily. While not every ingredient is clean (we spotted vegetable oil and sugar in a few recipes), you can easily make clean swaps to make it work for you. **By Jennifer Segal (\$30, Chronicle Books)**



GATHER & GRAZE

Author, restaurateur and chef Stephanie Izard's cookbook, *Gather & Graze: 120 Favorite Recipes for Tasty Good Times*, is a food lover's celebration of globally inspired recipes utilizing seasonal garden varieties, seafood and good-quality meats that make meal prep a lot more interesting. The section "Veggies Are Fun, Too!" puts the spotlight on vegetables, with creative ways to use and prepare various types. From grilling recipes to dishes for brunch and celebratory events such as picnics, each section involves minimal effort and maximizes the pure flavors of real, farm-fresh fare. (Just keep an eye out for ingredients such as brown sugar and canola oil, which will require *Clean Eating*-approved substitutions.) Izard beckons you to join her in having fun with food, enjoying the simplicity of the ingredients from fish to fish sauce and homemade spice blends. After all, food is meant to be enjoyed with your family and friends. There's nothing complicated about that. **By Stephanie Izard with Rachel Holtzman (\$35, Clarkson Potter)**



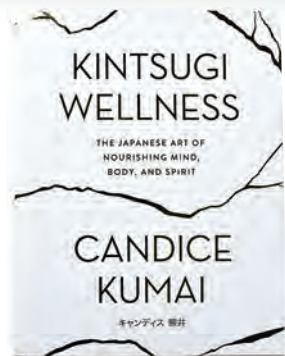
KINTSUGI WELLNESS

THE JAPANESE ART OF NOURISHING MIND, BODY, AND SPIRIT

CANDICE KUMAI

KINTSUGI WELLNESS

Using the simple rituals of her Japanese heritage, in *Kintsugi Wellness: The Japanese Art of Nourishing Mind, Body, and Spirit*, chef and author Candice Kumai offers a guide for living a more balanced, nourished and enriched life. Organized in four sections – Strengthen, Nourish, Lifestyle and Heart – readers will discover healing rituals and recipes that are easily incorporated into your daily routine. To help you add a bit of Asian flavor to your cooking repertoire, Kumai includes a rundown of Japanese pantry basics, along with a guide to purchasing quality tea. Kumai also encourages home cooks to approach the kitchen open to inspiration as a way of deepening your relationship with food. The selection of recipes, including a traditional Japanese breakfast, will have you feeling as though you've been whisked away to Japan without having left the comfort of your own home. **By Candice Kumai (\$30, Harper Wave)**



AT MY TABLE

When cookbook author and television personality Nigella Lawson bought her first home, a kitchen table was a priority. If the kitchen is the heart of your home (as it is for most), then a table is its grounding life force. In *At My Table: A Celebration of Home Cooking*, Lawson has reimaged ingredients with recipes that are both practical and refreshingly simple, with all the tools you need to share each dish with the ones who gather around your table. Unlike some of her other cookbooks, in this one you won't find chapters but rather a recipe collection that keeps the focus on the food and maximizes the flavors of each ingredient. Although you'll be tempted to dive right into cooking (and who wouldn't with recipes like Mung Bean Dal with Mint and Cilantro!), savor the introduction – we think you'll enjoy Lawson's writing as much as you will her recipes. **By Nigella Lawson (\$35, Flatiron Books)**



TRUE ROOTS

Stemming from their shared passion for simple, rustic food, Kristin Cavallari teams up with chef Michael Kubiesa to bring to life a cookbook that offers more than 100 recipes free of gluten, dairy and sugar. *True Roots* is a welcome guide for when you're cooking for family or friends with dietary restrictions. From your morning meal to late-night snacks, each chapter offers approachable recipes using seasonal ingredients that make it a cinch to pull together a meal. In addition, when you need to build a menu for weekend entertaining, you'll find it easy to select recipes for pairings, such as the Summer Salad with Sweet Basil Vinaigrette and the Seared Scallops with Blackened Cherry Tomato and Sautéed Fennel. **By Kristin Cavallari (\$26, Rodale) ☺**

