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The Healthy Pressure Cooker Cookbook: Nourishing Meals Made Fast

By Sonoma Press, Janet A Zimmerman

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Today's most popular diets run the gamut-Paleo, Mediterranean, clean eating, gluten-free-but they all have one thing in common: they're based on cooking fresh, whole foods from scratch. These diets are precisely the reason why the old school pressure cooker is making a new school comeback. The pressure cooker gives the gift of time back to home cooks. They don't call the most popular pressure cooker on the market the Instant Pot for nothing. Focusing squarely on healthy and fast meals, this cookbook offers: o 125 whole-food recipes, from bone broth to caramelized garlic to Indian curry spareribs, and more. o A serious discussion on the truth about healthy cooking o Advice on how to adapt a stovetop pressure cooker recipe for an electric PC o Recipe cooking times will include specifics for both stovetop and electric pressure cookers o Recipe labels indicating suitability for Paleo, vegetarian, vegan, and gluten-free diets o Nutritional information on every recipe o A chapter of one-pot meals for the ultimate in convenience.



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