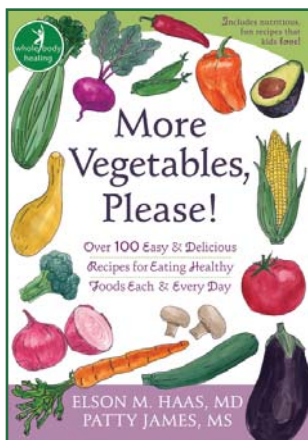


## MORE VEGETABLES, PLEASE!

Over 100 Easy and Delicious Recipes for Eating Healthy Foods Each and Every Day  
ELSON M. HAAS, MD, AND PATTY JAMES

*“With their emphasis on fresh fruits and vegetables, eating what’s in season, and smart food combinations, nutritionist Elson Haas and natural foods cooking expert Patty James combine forces to create an approach that makes it fun and easy to enjoy a health-promoting, delicious, and balanced diet.”*

—**Lorna Sass**, author of *Short-Cut Vegan* and *Great Vegetarian Cooking Under Pressure*



### A Healthy Dose of Fruit and Vegetables is not only healthy — It’s Delicious!

A vegetable-rich diet reduces risk of heart disease, diabetes, stroke, and some cancers, as well as lowering blood pressure and the risk of eye and digestive problems. Vegetables also regulate the appetite, preventing obesity and promoting good health. But all of that means little if they don’t taste good as well.

#### In *More Vegetables, Please!*

(New Harbinger, \$21.95) doctor and nutrition specialist Elson Haas teams up with natural chef Patty James to offer over 100 simple and nutritious recipes that readers can use to add vegetables to their favorite meals—with delicious results. Also included are tips for adding veggies to basic dishes, such as macaroni and cheese, spaghetti, and sandwiches. Throughout the book the authors offer suggestions for changing the way the vegetables are prepared, how to make healthy dishes more appealing to picky eaters, and pointing out which recipes are especially fun for kids who want to help in the kitchen.

*More Vegetables, Please!* is a delightful cookbook that will appeal to meat-eaters, vegetarians, and vegans alike. Filled with delicious meal suggestions and important nutrition information specific to vegetables, Haas and James also discuss the importance phytonutrients, enzymes, fiber, and organic eating. Haas, an organic eating pioneer, explains the importance of eating seasonally and offers tips on changing menus to correspond with the seasons. *More Vegetables, Please!* makes it easy for the whole family to enjoy these naturally low-calorie, low-fat foods each and every day.



PHOTO BY DUNCAN GARRETT

FOR AN INTERVIEW REQUEST or  
MORE INFORMATION CONTACT:

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## About the Authors

**Elson M. Haas, MD**, is an integrated medicine practitioner with more than thirty-five years of experience. He is founder and director of the Preventive Medical Center of Marin in San Rafael, CA. Haas is author of seven popular books on health and nutrition, including *Staying Healthy with the Seasons* and *The New Detox Diet*. Visit him at [www.elsonhaas.com](http://www.elsonhaas.com).

**Patty James** is a certified natural chef. She was founder and director of Patty James Cooking School and Nutrition Center in Sebastopol, CA, the first certified organic cooking school and nutrition center in the country. James works as a nutritional consultant both with individuals and with groups such as schools and health care providers. Visit her online at [www.pattyjames.com](http://www.pattyjames.com).

## Interview Questions

1. Who would benefit from reading *More Vegetables, Please!*?
2. Patty, in your acknowledgements you thank the children from your Summer Camp. Did you ever meet resistance from kids to your vegetable-centric meals? Did you ever have to coax them into trying a recipe?
3. What are some tips for parents who are adopting a "more vegetables, please" eating routine?
4. Could you explain what your 'Kids in the Kitchen' highlights in the book are for? What are some fun ways to get kids helping with food prep? What are some recipes in *More Vegetables, Please!* that are particularly good for kids to assist with?
5. Your enthusiasm for this subject really comes through in the book. What is it about this topic that inspires you?
6. In the book, you promote using seasonal organic foods. Why is this important?
7. How much of our diet should consist of vegetables? What are your suggestions for a healthy diet?
8. Can you explain the importance of properly chewing your food (as it relates to nutrition)?
9. Could you explain what you call in the book "The New Basic Four"?



Watch Patty James demonstrate recipes from *More Vegetables, Please!* on YouTube

Visit [www.youtube.com/user/OrganicCooking](http://www.youtube.com/user/OrganicCooking).



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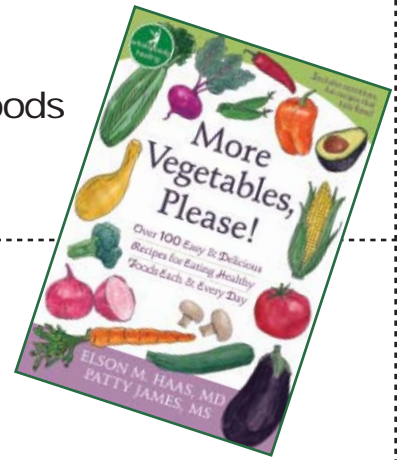
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## Recipes

### Asparagus Quiche

This is a crust-less quiche that is wonderful served in the spring when asparagus are at their peak.

*Serves 12*

1 cup shredded Swiss cheese \* ½ cup shredded cheddar cheese \* 1½ cups chopped asparagus

1/3 cup chopped green onions, white parts only, or shallots \* 1 cup sliced mushrooms \* 12 whole eggs \* 2 cups milk

½ teaspoon nutmeg, or to taste \* 1 teaspoon sea salt \* ½ teaspoon black pepper, or to taste \* Chopped fresh parsley, stems removed, for garnish (optional)

Preheat oven to 375°F. Grease a 9" x 13" pan. Spread cheeses on bottom of pan and top with asparagus, onions, and mushrooms. Whisk together eggs, milk, nutmeg, salt, and pepper. Pour over cheese and vegetables. Bake about 45 minutes or until knife inserted in center comes out clean. Garnish with parsley, if desired.

### Brown Rice Pudding

Looking for some old-fashioned comfort food to fill your tummy as you sit by a fire with a good book? Search no further. Yams or other winter squash make this aromatic and delicious cold-weather dish more nutritious.

*Serves 6*

3½ cups whole milk, divided \* ½ cup short-grain brown rice \* ¼ teaspoon sea salt \* 1½ cups peeled and diced yams

3 large eggs \* ¼ cup honey \* 1 tablespoon vanilla \* ½ teaspoon cinnamon \* 1/3 cup dried cranberries

In a medium saucepan, combine 3 cups of the milk, brown rice, and salt. Heat to almost boiling then reduce heat and simmer, covered, stirring occasionally for 1 hour. Stir in the yams and continue to cook, also covered, until yams are tender and rice is creamy and thick, about another 30 minutes.

In a medium bowl, whisk together the remaining ½ cup milk, eggs, honey, vanilla, and cinnamon. Stir in cranberries. Gradually stir this mixture into the hot rice mixture and cook until thickened, about 5 minutes. Serve warm or cold.

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