



## Power Plates: 100 Nutritionally Balanced, One-Dish Vegan Meals

*Gena Hamshaw*

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# **Power Plates: 100 Nutritionally Balanced, One-Dish Vegan Meals**

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**Power Plates: 100 Nutritionally Balanced, One-Dish Vegan Meals** Gena Hamshaw  
**Focused on the art of crafting complete, balanced meals that deliver sustained energy and nourishment, this book features 100 compelling and delicious recipes that just happen to be vegan.**

These 100 recipes for wholesome and nourishing vegan food from blogger, nutritionist, and Food52 author Gena Hamshaw help you make delicious vegan meals that deliver balanced and sustained energy. Every recipe contains the key macronutrients of healthy fats, complex carbohydrates, and proteins, which together make for a complete meal--things like Smoky Red Lentil Stew with Chard, and Falafel Bowls with Freekah and Cauliflower. Photographs accompany each recipe, showing how Gena's simple techniques and fresh ingredients yield delicious meals. Additional tips and tricks for taking food on the go, and for cooking ahead on the weekend for quick weekday lunches and dinners, round out the collection.

## **Power Plates: 100 Nutritionally Balanced, One-Dish Vegan Meals Details**

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## **From Reader Review Power Plates: 100 Nutritionally Balanced, One-Dish Vegan Meals for online ebook**

### **Ramie says**

I've only started looking for the perfect (for me) cookbook. As someone who only just gave up meat, but who is also not much of a cook, I am finding this quite the challenge. The biggest problem I am encountering is that the "so simple anyone can make it" types of recipes are dumbed down to the point of being nearly insulting while the recipes that you really want to try are too complicated for someone like me. There's little for those of us in between those two levels of skill. This book is a prime example of that problem.

One of the sweet potato recipes is basically bake the sweet potato. Seriously, why didn't I think of that??? On the other hand the more complicated recipes go straight into pages and pages of ingredients, multi-layered cooking processes, etc. ?

As I said, it seems like those of us in the middle get left out. If you like to cook and prefer more advanced meals? Great book full of yummy recipes. Not really a cook? Find someone to make them for you. Don't get me wrong, they're fine recipes. They're just a bit more time and labor intensive than I was looking for.

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### **Laura says**

Book reviews on [www.snazzybooks.com](http://www.snazzybooks.com)

Though I'm not a full time vegan, I try to eat vegan meals as much as possible and am always on the lookout for great new vegan recipe books. My requirements are that there aren't too many ridiculous ingredients, not too lengthy to cook, and - of course - delicious! This book ticks those boxes.

The recipes themselves vary in difficulty - some are a little too simple for my liking. A lot of the salads fall into this category, unfortunately, as they felt a little too 'basic. However there's still a lot of interesting, varied meals which are a little different and look very tasty. These also seem pretty easy to follow. This is definitely more of an entry level book, as there aren't any hugely elaborate recipes, but that probably suits most people because, apart from sometimes at the weekend perhaps, who wants to spend hours in the kitchen using every utensil imaginable?

Categories include breakfast, soups, salads, bowls, stovetop, skillets and bakes, and feature a wide range of recipes. I've tried a few - the West African Peanut Stew, Thai Peanut Noodle Bowls, and Yellow Split Pea Chowder - and really liked them. There's plenty more recipes which look amazing, and which I've got lined up to cook, including the Curried Jamaican Stew, Chickpea Deli Bowls with smashed chickpea salad, and Lentil Marinara. Lots of sweet treats to try too!

This is a really nicely designed, aesthetically pleasing book so would be great for a gift for someone else (or for yourself). There are lovely photos which are really inspiring, and there's a handy introduction section with really useful nutritional information.

I'd recommend this for anyone looking to start eating vegan, or who fancies some inspiration for vegan dishes.

Many thanks to Abrams and Netgalley for providing a copy of this book on which I chose to write an honest and unbiased review.

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### **PorshaJo says**

What a wonderful surprise this one was. To be honest, I get sooooo many cookbooks from my library that sometimes when they come, I don't recall even ordering them. This one I guess I requested as it is a vegan book. I'm so glad too as this one is a keeper.

The sections are breakfast, salad, soups, bowls, skillets and stovetops, and bakes. So many wonderful easy - no fake ingredient - recipes, which I just love. I naturally gravitated to the bowls section. Sometimes when I'm feeling lazy I just want a grain and a bunch of veggies on top. But my creation is usually quite boring (brown rice, roasted veggies). I need to kick it up a notch and this section helped. Seriously, Thai peanut noodle bowls with spicy tofu and crisp veggies, Korean tempeh bowls with broccoli and brown , sweet potato falafel bowls with freekeh pilaf. But many other sections had wonderful recipes too. Up next for me is the black bean enchiladas with roasted butternut squash.

I also loved that there were gorgeous, mouthwatering photos to accompany each recipe. I guess if anything, I didn't care for the breakfast section. I'm lazy in the am and it's usually peanut butter toast (or cookies from the night before, it's the breakfast of champions I tell myself). And no dessert section. Now I'm just being plain picky. But a truly great cookbook that I plan to use quite often. The recipes are not complicated and just use whole foods, lots of veggies and good for you grains.

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### **Diane Estrella says**

I had not previously heard of this author or her popular blog. My cousin is vegan and she had piqued my interest into this lifestyle. I liked that the author had a number of categories including breakfast (my favorite), salads, bowls, and bakes. I am probably the only person that did not know what tempeh is and it is used in a number of the recipes. There are a good variety of recipes with many optional add-on's contributed as well. Each plateful of food is well balanced and thoughtful. The dishes are not only visually appealing with the gorgeous rainbow of colors in each one, but also nutritionally balanced with protein, carbs, etc.

I can not say enough about the beautifully detailed photographs. Each recipe has its own picture and is very vibrant. They are so well done, you feel like you can lick the page to test the dish out or at least scratch and sniff them. ;)

I received this book from the publisher but was not required to leave a review. All opinions expressed here are my own.

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### **Gooshe Net says**

The book has five main chapters; Breakfast, Salads, Bowls, Skillets and stove-top and Bakes. From the book: "Years ago most vegan cookbooks contained a long glossary of ingredients. Grains like quinoa and ingredients like nutritional yeast had not yet become household staples. In the last few years, Americans'

appetite for plant-based cooking has increased dramatically, and it's not at all unusual to see buckwheat, tempeh, and even nut-based cheeses on restaurant menus, in cookbooks, and at many grocery stores. most of the ingredients in this book will be familiar to you if you 've been exploring a plant-based diet for a while."

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### **Lisa says**

I found this book very interesting and delightful to look at. Much of what was in here I would eat myself, maybe not making it all, but it is well worth the stop and looksee. Some of the recipes just have a few ingredients with just a few steps of instructions, where others have a list of ingredients and a full page of instructions. From the looks of it these recipes are well worth the effort of going through the trouble.

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### **Dawnie says**

\*Thanks to NetGalley, the publishers and the author for providing me with a free e-copy of this book in exchange for a free and honest review\*

Beautiful cookbook with inspirations for all cooking levels and Vegan food eaters.

No matter if you are full on Vegan or if you eat whatever mood you are in this book will give you recipes ideas.

What i personally love about it -beside the MAGNIFICENTLY EXQUISITE pictures- are how you can decide what kind of cooking you want to do.

Are you a preparer? Like to cook a few things ahead of time, prepare them, freeze them and have them ready to heat up? Fantastic. You will find an entire book full of recipes with helpful tips and tricks and ideas how to do exactly that.

If you are a make and eat cook? Wonderful. This book will work perfectly for you as well!

In this book you have really all the choices without losing anything!

On top of that there is a great mixture of different types of recipes, from "easy and fast" over "ready in minutes" to the "takes a while but so worth it" types of recipes. So whatever mood you are in? You will find that what you are looking for here!

I also love how the book is made up, how the sections are.

It has basically both kind of options of having the sections of soups and salads... but there is also the sections of "out of the oven" or "stovetop" which i LOVE if cookbooks do that.

I am one of those people that sometimes has no idea what to cook BUT i know i want to do it in the oven (or not the stove) and so having those sections in a cookbook? That's wonderful. And sadly done rarely and i think its done BEAUTIFULLY in this book.

All in all?

**HIGHLY RECOMMEND!**

**Its not only a beautifully designed and artfully done book but it also has wonderful recipes and a great mixture of everything that makes me want to become a full time vegan simply to have the reason to cook EVERYTHING in this book!**

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### **Danielle says**

I have been following a plant-based lifestyle for two years now so I am always eager to get my hands on the newest plant-based cookbooks.

**Pros:** The recipes don't call for any strange or hard-to-find ingredients and almost every one has a color photo so you know what your meal should look like. I'm looking forward to trying the Apple Ginger Muesli, French Toast, Mushroom Miso Barley Soup, Golden Rice Bowls, Golden Beet Risotto and Stuffed Collard Leaves.

**Cons:** I think the Salad chapter of this book was way too long, and most of them were similar, just with different dressings. Almost everyone who doesn't eat plant-based assumes all we eat is salad and grass so I would have loved to see more creative salads or exclude that chapter all together. Also, some of the recipes are very complex and have multiple pages of instructions which is a drawback.

\*Disclaimer: I received this book from the publisher via NetGalley. However, all opinions are my own.\*

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### **Nora St Laurent says**

The book is broken down into sections. First is Breakfast, then Salads, Soups, Bowls, Skillets, Stovetop then Bakes. There are no desserts and/or appetizers but oh, wow, there are so many delicious looking recipes. I like what the author says about the recipes in this book. She states that since she is talking about macronutrients, she wanted to clarify a few things. "First, ..it's not a diet book. Nutrition is always on my mind when I create recipes" ...Second, "..this book is an offering of vegan recipes that are intended to help you feel nourished, whether you're a lifelong vegan or a curious omnivore." She goes on to say..."my personal opinion is... human bodies and tastes differ, as do the cultures and traditions... to this matter we all will do well to listen to our bodies."

In the beginning she talks about ingredients and how to cook and store them. There is a macronutrient building blocks chart and then she starts off the book with a recipe titled Shortcut Steel-Cut Oats. I loved the fact that every recipe in this book had a beautiful picture beside the recipe. There is also an easy to read index.

I like that the author says if you want to add meat, and/or tofu to the recipe by all means do. I added meat to one of the recipes I tried the other I didn't. I tried the Zucchini Pesto Pasta Salad. This was easy to make had simple instructions, the ingredients I had at home and most of all my family liked it. She also has a list of optional accompaniments you can serve with the dish on most recipes. She includes serving sizes at the top of the ingredients This recipe can be served hot or cold. It was yummy we ate it hot. We also tried the Butternut Squash Salad (with red quinoa and pumpkin seeds) I had to try this because I love butternut squash and all the other ingredients I like but would never think to put them all together. We had this one cold. It was very good. I loved the variety of recipes in this book and the fact that her goal is to give readers power

plates. The cover states, “Inside these book there are 100 nutritionally balanced, one-dish vegan meals.” It doesn’t get any better than that.

Disclosure of Material Connection: I received a complimentary copy of this book from Tyndale Publisher. I was not required to write a positive review. The opinions I have expressed are my own. I am disclosing this in accordance with the Federal Trade Commission’s 16 CFR, Part 255 “Guides Concerning the Use of Endorsements and Testimonials in Advertising”

Nora St. Laurent  
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### **Molly says**

I'm not a vegan but I do like eating a lot of plant-based foods. I figured Power Plates would be the cookbook to give me more ideas so I'm not eating the same thing all the time. There are a variety of different recipes but at the same time, a lot of them feel the same. Most of them are super easy, in a bad way. There are a lot of salads and bowl-type meals and I wish overall that the recipes were more exciting.

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### **Ashley Hite says**

I received a free copy from Netgalley in return for my honest review.

Nutritionist Gena Hamshaw has crafted a delightful cookbook full of one-dish Vegan options that are usual and satisfying. This is not a diet book and it is not a full of boring basic vegan recipes. I am not a vegan but I do try to do meatless meals weekly and this has been a very helpful cookbook. Recipes are broken out into six categories: Breakfast, Salads, Soups, Bowls, Skillets and Stovetop, and Bakes offering a nice range of options. The meals incorporate a balance between protein, fat and carbohydrates. The recipes are easy to follow and incorporate both metric and imperial measurements. This book is a great addition for the full vegan or the curious omnivore.

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### **Jess Macallan says**

This book is a helpful cookbook for anyone interested in learning how to balance macronutrients in their vegan meals. Things I liked: the author doesn't shy away from flavor and uses a variety of herbs and spices to enhance each dish, each recipe had a picture of the finished dish, the meal planning ideas at the end of the book, and I love that dishes revolve around micronutrient-rich vegetables. The recipes I'm adding to my repertoire include the Cauliflower Scramble, Chai-spiced Millet Porridge, Guacamole Quinoa Salad, Butternut Squash Salad, Smoky Red Lentil Stew, Macro Bowls, and Herbed Cauliflower Steaks. Things I didn't like: This is not an allergy-friendly cookbook and no suggestions for substitutions were given, the liberal use of soy products, and the limited healthy fats in many dishes which would have further balanced the macronutrient ratio.

I recommend this book to anyone new to the vegetarian lifestyle because understanding how to balance macronutrients can initially be challenging.

I received an e-copy via NetGalley in exchange for an honest review.

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### **Sherri Smith says**

Power Plates is bound in a hard covered, quality book. It begs to be picked up and the pages flipped while spellbound by the recipes and photos on each page. There are so many recipes that I wasn't sure about, but once I looked across the page at the accompanying photo it made me change my mind. If anything, even if you aren't a cook or a vegan, this is a perfect companion book for your cookbook collection of a side table.

What I really liked about each recipe was the prolong to each recipe. Whether it was the author's personal reflective moment regarding it, or the benefits of ingredients found within the recipe.

The meal plans in the back of the book is a helpful for those times where I do need assistance in creating a meal plan. One thing I've learned, meal planning can be a long tedious process, and not one you want to create after a long day of work.

I'm also impressed with how the book is laid out and the recipes contents at the beginning.

The only downside I could find was the amount of ingredients that each recipe calls for to make. For those times where I'm tired and just wanting to eat, it can get overwhelming. However, when I'm on top of my game, the list of ingredients is merely a reminder that it is to make the dish flavorful and the best it can be.

My personal favorite? Spicy Cabbage Soup. Excellent for those cold winter nights.

I received a complimentary copy of this book from the publisher via Blogging for Books. All opinions are my own.

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### **Shipshapeatworthy says**

What I enjoy about Power Plates is that it's full of well-balanced, delicious recipes. Did I mention that they're easy to make too? Just as a point of reference I've made over ten recipes in the past 4 days! The how and why come from the fact that the ingredients used are a combination of easy-to-source fresh produce and pantry staples (such as whole grains, legumes, nuts/seeds, etc). I didn't have to make any trips to the grocery store because I could start cooking using what I already had. If you're new to cooking plant based/vegan she outlines all of the basic, important information in the first couple of sections in the book: Using This Book and Noteworthy Ingredients. She's used her own experiences as a vegan to create a cookbook in which a diet is expanded, not limited and one that is certainly not based on fad-like nutritional information. The basis of her food philosophy is outlined in the Macronutrient Building Blocks section -- the key to keeping a meal balanced rests in the combination of proteins, fats, and carbohydrates. What she presents is a highly useful strategy for meal planning.

Throughout the remaining chapters -- Breakfast, Salads, Soups, Bowls, Skillets and Stovetop, and Bakes -- she offers hearty and fulfilling recipes for easy, everyday cooking. Interestingly there are no chapters on snacks, desserts, or appetizers and to be very honest they're ones I didn't miss. I don't want to eat dessert that often and if meals are satisfying that really helps (for me at least) to cut down on the snacking. Most of her

recipes are very do-able in that time when you get home from work and dinner but she also gives great advice about what components can be cooked ahead of time and what can be batch-cooked so you're not scrambling during a busy week.

The very first recipe we tried came straight off the cover because my daughter is lime-obsessed and she said that picture looked "sooo good" (kudos to photographer Ashley McLaughlin for such amazing and enticing photos!)-- the Sweet Potato Bowls w/ Cilantro Lime Rice, Black Beans, and Hemp Chimichurri Sauce. I can't stress enough how much I loved that first recipe -- that Chimichurri sauce is incredible (my only complaint is that all the sauce recipes could yield more, so my advice: triple those sauce recipes! You'll thank me!).

While each recipe presents a dietary balance the cookbook as a whole offers a balance of ingredients -- a seemingly even distribution of proteins (from tofu/tempeh, legumes/beans, to nuts/seeds). I really appreciated that each recipe had a solid protein component because 1) meals were more satisfying and 2) often times I find plant-based cookbooks miss out on this aspect. The recipes also are very well-written so that seemingly difficult dishes like stew and dumplings are accessible for any level of home cook. In terms of kitchen equipment/tools the standard items apply with a high-speed blender being a helpful extra but not necessary (I found I could achieve similar results to my blender by using an immersion blender, especially if certain ingredients such as cashews or dried fruit were soaked beforehand).

I've found each of the recipes we tried tasty and comforting. Take her recipe for Dinner Toast w/ Savory Mushrooms, Chickpeas, and Greens -- as she says, "toast is the quintessential comfort food" and I love how she's turned it into a hearty, dinnertime version (and, again, the gravy-like sauce is totally to-die-for here). Even for my husband and daughter who have a take-it-or-leave-it attitude towards mushrooms they really enjoyed the taste and texture (texture being paramount when dealing with mushrooms!).

For those of you who aren't into vegan cooking, I think Hamshaw does a really great job creating recipes that taste like you've been eating them forever, in that they are reasonable and accessible for many non-vegans. No strange ingredients, flavours, or textures just bright, fresh, delicious food. To be honest (being a vegetarian) I've never considered eating a quesadilla that was cheese-free. Part of the fun (or so I thought) was having a nice, gooey, wedge of quesadilla however I found with her Spicy Chickpea Quesadillas w/ Caramelized Onion that I didn't miss the cheese. Not one bit! Her filling was incredibly tasty -- smoky and spicy with a touch of sweet.

Power Plates is quickly becoming a forever-favourite of a cookbook for my family and I (when everyone is digging what you're cooking you know you've found a keeper!). It's one of those cookbooks that you can just pick up and find something to cook that will be nutritionally balanced and very, very delicious. While being vegan this book is certainly not limited only to those who enjoy a vegan diet because each recipe is so delicious that it transcends its culinary category (hard sell? Can you tell I absolutely adore this book??)

Please note that this review is an excerpt of a review posted to [www.shipshapeeatworthy.wordpress.com](http://www.shipshapeeatworthy.wordpress.com)

I would like to take this opportunity to thank my husband and daughter for such an excellent birthday gift! I did not receive monetary compensation for my post, just the adoration of my family for cooking them such delicious food and all thoughts and opinions expressed are my own.

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## **Andrew Farley says**

A great philosophy for healthy eating.

Gena Hamshaw has crafted a book of everyday recipes for the practical vegan. I will be keeping this book close, even as a "meat eater," because it is Gena's ideas on balance in meals that are so useful. Not only are the recipes in this book delicious, but they give you the protein, complex carbs, and healthy fats needed to get through the day. As she explains, too much imbalance towards one of the three micronutrients, and our bodies will respond in a way we don't want it to. Outside of the philosophy, many of the meals are yummy, but many have extensive ingredient lists. This for me is a downside, especially when some of the ingredients are only used for a single recipe.

Overall, I would recommend this book to vegans and those looking to change their eating philosophy.

I received this book from the Blogging for Books program in exchange for this review.

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