



Eat Your Vegetables: Bold Recipes for the Single Cook

Joe Yonan

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A collection of eclectic vegetarian and vegan recipes for singles as well as lone vegetarians in meat-eating households, from the beloved *Washington Post* editor and author of *Serve Yourself*.

Whether you're a single vegetarian, an omnivore who's looking to incorporate more vegetables in your life, or a lone vegetarian in a meat-eating household, you know the frustrations of trying to shop, plan, and cook for one. How to scale back recipes? What to do with the leftovers from jumbo-sized packs of ingredients? How to use up all the produce from your farmer's market binge before it rots?

There's no need to succumb to the frozen veggie burger. With *Eat Your Vegetables*, award-winning food editor of The Washington Post and author of the popular column Cooking for One, Joe Yonan serves up a tasty book about the joys of solo vegetarian cooking. With 80 satisfying and globally-inspired vegetarian, vegan, and flexitarian recipes such as Spinach Enchiladas, Spicy Basil Tofu Fried Rice, and One-Peach Crisp with Cardamom and Honey, Yonan arms single vegetarians with easy and tasty meal options that get beyond the expected. In addition to Yonan's fail-proof recipes, *Eat Your Vegetables* offers practical information on shopping for, storing, and reusing ingredients, as well as essays on a multitude of meatless topics, including moving beyond mock meat and the evolution of vegetarian restaurants.

The perfect book for anyone looking to expand their vegetarian and produce-based repertoire, Yonan's charming, personable voice and unfussy cooking style encourage home cooks—both new and experienced—to take control in the kitchen and craft delicious veggie-centric meals for one.

Eat Your Vegetables: Bold Recipes for the Single Cook Details

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From Reader Review Eat Your Vegetables: Bold Recipes for the Single Cook for online ebook

Robin says

Great way to keep one of my New Year's resolutions for a few more days

One of my perennial resolutions is to eat more vegetables so I've been shopping around on Amazon for cookbooks with a focus on veggies. So far, I've made the corn, mushroom tart which was terrific, and the carrot soup with the quick pickled beets which was both unbelievably beautiful and tasted great. Another thing I like about this cookbook is that the recipes are scaled for a single person which is nice if you want to experiment, or you don't want to eat the same thing for days. This is a keeper and I may follow up by getting the paper version for my library as well.

Stephanie says

None of the recipes really stood out to me as something I wanted to make

3/5stars

Darren says

This reviewer had not considered that there needed to be a book aimed at the single vegetarian/vegan or for the sole adherent within a household. For some reason it was just assumed that they just got on with things without any fuss, yet this book seeks to change that viewpoint.

The book notes that it has over 80 recipes specifically sized for single portions as well as various essays looking at moving beyond mock meat and the evolution of vegetarian restaurants. It is hard to get past an initial scepticism to this purported need. Are traditional vegetarian or vegan books so hard to follow that someone cannot see a recipe is for three people and adjust things for a single person? Is this book based on genuine need?

It is unfortunate that the packaging and the general "editorialising" by the author has managed to grate in this reviewer's mind. If you are able to detach yourself from the possibly superfluous, relatively meaningless "packaging" that surround the recipes then, and only then in the mind of this reviewer, might you start to find a few gems. Many of the recipes have even caught the attention of this admittedly meat-first reviewer and do seem worthy of an appearance at his table. It even proves that one does not necessarily have to equate vegetarian food as being boring or tasteless. Spicy Kale Salad with Miso-Mushroom Omelette is a perfect light summer dish, a Tomato, Beet & Peach stack is a simple, enchanting snack ideal for parties and an Oyster Mushroom & Corn Tart will get admiring glances from surely everybody.

The recipes themselves are well-written (although sadly in sole U.S. imperial units - using a conversion table at the end of the book is no substitute for doing it right from the get-go), detailed and accompanied by some excellent food photography. But again the reviewer's mind is just brought back to the packaging, the

editorialising and the hectoring tone of the various essays. It just feels out of place. The "converted" already know why they are adopting a meat-free diet. The to-be-possibly-converted, such as this reviewer, will probably tire of it very quickly and just ignore it. It is a shame.

It is hard to give a wholehearted recommendation to this book as it feels that a large chunk of it will be ignored by many. As a collection of recipes it feels over-priced but that could just be a kickback to the large amount of superfluous material. At half the price and just the recipes it would be a good deal, whether you are a meat consumer or not. It is just in its current form and price point that it is harder to recommend, although if you spot a great deal on this book it could be worthy of a closer look. But don't take this reviewer's word for it, you only need to find a few good recipes that return as regular favourites and you will have got a good thing. If you have the chance, do check this out. You might even care for the author's editorialising...

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Arlian says

I have said before I hate name dropping in cookbooks. This author does that a little, but it seems he's just name dropping his friends, not actual organic-food superstars, so it's a little less annoying than those authors who love to tell you every single page that they know Alice Waters *personally* and yes she *does* come over to their house and yes, she does absolutely think the authors version of (insert dish here) totally changed how she served (insert dish here) at her restaurant. I mean--Yonan did have at least once instance of really annoying snootiness where he recounts the tale of a female cook who was very specific about how much time she wanted something to be cooked for, and Yonan wrote her off because he basically like, totally knows the person who wrote the recipe she was using and like, she's totally not as good of a cook as that recipe writer or himself. But only one that I can remember, so I guess that is something.

Generally, I found this dishes to be interesting, and similar to ingrediants I tend to keep on hand and cook with, and techniques that I know and like. A few reviewers said if you were vegan you "wouldn't get your money's worth" if you bought this book because he uses "a lot of dairy products" but I don't actually think that's true. Many of the recipes are dairy free, but even when they aren't it's mostly cheese and milk, both of which are very easy to substitute fake dairy products for, or in some cases to leave out all together.

I liked the cookbook, but I found that, while this particular author wasn't as annoying as some cookbook authors I have read, he wasn't especially likeable either. Kinda prissy, kinda doushey, kinda fancy--I mostly wish he had included less random stories and memories and opinions about stuff that had nothing to do with his actual recipes.

TLDR, If the author left out his personal vignettes, the book would have gotten 5 stars. I had to subtract a star because I just didn't like the way the author presented him as a person, and he "presented himself as a

person" way more often than is necessary in a cookbook.

Viriam says

very nice cookbook. Good for several reasons, delightful recepies-relatively easy vegetarian recepes written in a clear manner. The sizing-cooking for one. These types of recepies are hard to find, how often do i have to parse and divide down a recepe for 4. Istly, the "monologues" sections where the cook kind of takes you aside and gives a personal account on a topic, i really enjoyed these.

Wanda says

I loved the concept of this book--that the single person shouldn't settle for second-best in the food department. And I love his emphasis on fresh ingredients and planning quality meals for oneself.

However, unlike many recipes books that I borrow from the library, I don't have the urge to copy even one of them. Hence only 3 stars. The use of many ingredients that are unfamiliar to me put me off a bit. Plus I can tell the author has professional chef training (and I confirmed that by reading the author blurb at the end). What he considered to be easy and casual was often a bit complex for me at the end of a work day.

That said, I do enjoy cooking and eating good food. And I do seem to be heading towards vegetarianism slowly, so I definitely appreciated Yonan's perspectives on these subjects. It was a case of enjoying his writing without necessarily wanting to use his recipes.

Denise says

This cookbook was brilliant and refreshing. Joe Yonan delivers a vegetable-centric cookbook that is specifically designed for the single eater. While I relish in cooking, I am not always joyful about preparing dishes for one. Yonan has helped me adjust my perspective on how to cook for myself. Unexpectedly, the book reframes questions around vegetarianism, offering a more complex analysis of food politics than a typical cookbook. To this end, Yonan included essays throughout the book that show the depth of vegetable food culture. The examples about the farmers' market in DC and about the plight of the community garden captivated my attention. I bookmarked over twenty recipes, and I am excited to get to them. While I haven't read *Serve Yourself*, I am inclined to pick up a copy.

Cassie says

Underwhelmed with this book. It has great photos, but the recipes are not ones I would use. I really dislike cookbooks that use very rare and special ingredients.

Celia Burn says

Majority of this book falls short of using any kind of seasonings. While many of the recipes can be creative (ex: almond butter and plum sandwich), I found many of the recipes to have multiple ingredients with too similar textures (kimchi grilled cheese) and not enough spices to bring out more individual flavors to better compliment each other.

Catherine says

With the realization that I can't fault the author for my own projections, I anticipated this would be about making interesting vegetable side dishes. Instead it's a compilation of vegetarian recipes in all categories -- just in smaller serving sizes, which I already know how to achieve via a thing called math.

Ardyth says

Verdict: try it from the library before you buy

Some interesting ideas in here, but the recipes lean more towards unusual-for-its-own-sake than practical.

Chickpea pancake, for example, which calls for chickpea flour...which is unlikely to be in the kitchen of a single person, even a well-stocked one. Or a family kitchen for that matter.

Also..what single cook is firing up a grill...especially a charcoal grill?? All to grill lettuce for one person??

He did well with variety of miso paste uses, and some of the creativity was very welcome.

But, to my mind, *An Everlasting Meal* is a better investment of time and money, even for vegetarians (not so much for vegans). And especially for single cooks who so often get stuck wasting food because small portions are hard to come by.

The kitchen doesn't *have* to be an expensive, frustrating place. I feel like this book lost sight of that, and that makes its usefulness less than it might have been.

Heather says

I have been a pescatarian for 3 years, which means that I eat fish and seafood, but no red meat, pork or poultry. So that means that I eat a lot of vegetarian dishes. I am also single, so that also means that I often have to make way more food than I need.

This book is designed to address both of these issues, as it is vegetarian cooking for one or two people. There

is even a handy section that has a list of suggestions for recipes in the book to help you use things like a half of an avocado, or a half a lime, or 1/2 a can of beans, knowing that the biggest problem with cooking when you are single is the leftover ingredients.

The author includes a guide to using the book, and encourages readers/cooks to merely use the recipes as a guide, not as a rule book. I tried several of the recipes. The Fusilli with Corn Sauce (whole wheat pasta, sauteed onions and corn) was fresh tasting and easy to make. The Enfrijoladas with Egg, Avocado and Onion (corn tortillas coated in a bean sauce and topped with copped hard boiled egg, avocado and onion) was a surprising mix of flavors that actually worked well together, despite my reservations. But the best was the Roasted Sweet Potato with Coconut, Dates and Walnuts. Oh so good!

This book was filled with lots of pretty pictures that made everything look so tasty! The only real negative that I have is that there were several things I'm not big on like curry and tofu, and things I'm hesitant about trying like Kimchi. So there were a lot of recipes that I didn't want to try right now-- but that's just me!

My final word: Easy recipes for weeknight dining. Interesting flavor combinations. Nothing ordinary here. If you are looking for some fresh ideas for easy vegetarian dining for one or two, grab this book!

Pamela says

Uses ingredients I don't have. Uses lots of dairy. Recipes are long and too detailed for my simple palate. I tried one recipe and that's all. A bummer of a book. Pretty photos, though.

Yaaresse says

I consider recipes as road maps or guidebooks. I don't feel the need to obsessively measure, I take cook times as an estimate (because I know my stove better than the author ever will), and I have enough cooking experience that I know what ingredients can be substituted with what results. The ultimate criteria for a cookbook to get praise from me are three factors:

1. Functionality. Can you put the thing on the kitchen counter and cook from it?
2. Education. Did I learn anything new?
3. Temptation factor. Will I cook from it or use it for ideas more than once?

On that score, this cookbook scores high in functionality. Not just because it was an e-book (stick the iPad in a gallon Ziplock and cook already), but because the print is legible and the formatting unfussy.

As for the other two factors, it didn't fare so well. I don't think I learned anything new, and I didn't see more than a couple dishes that tempted me.

Maybe I've read too many cookbooks and am jaded. Maybe it's just that too many recipes relied on cheese or tofu for texture and flavor. I don't particularly like cheese, and soy products are off-limits to me. Then there was the provisions issue. The author lives in DC where he likely has access to many groceries and produce stands. My pantry is well-stocked with staples. I probably have every spice known to man (except tarragon, which I detest). But I also live in an area where all produce is pre-packaged to death, and all those packages seem to be sized with a family of 12 in mind. While the chicken-fried cauliflower looked intriguing, there is no such thing as a "small" cauliflower in our groceries. And what do I do with the rest of it? I'm supposed to

roast it and sprinkle in in other things over the week. That doesn't solve the problem of single diners not wanting to eat the same thing every day. I don't like cauliflower enough to sprinkle it on everything just to try one cauliflower "steak." It's the same problem with herbs. A recipe will call for two or four leaves of mint or basil or thyme. So now you have to figure out dishes for the rest of the week that will use the rest of the fresh herb. I don't want to eat mint-flavored dishes all week. Maybe if you have money to burn, you don't mind paying \$3.99 for a bunch of herb just to throw most of it away, but real people don't live like that. Nor do we obsessively package up everything in single servings to freeze "for later", nor do we want to prep and cook for an hour for one meal.

I'd seen some reviews that complained that the flavor combinations were "weird" in this book. I scoffed. Having lived in an area where people regularly said "I don't eat nothin' I ain't never had before," I figured that was just a few unadventurous folks afraid of trying quinoa or something. No, some of these combinations are a little out there. Pickled beets in carrot soup comes to mind. I will try a lot of things, but that sounds awful. Other things were less odd, and most of those looked much like recipes you would find in one of Ottolenghi's cookbooks.

Also, note to vegans, you won't get your money's worth here. Many, many of the recipes have dairy.

Jeanne says

Joe Yonan is the food editor for the Washington Post newspaper and a mostly vegetarian, mostly solo cook. This is his second cookbook and since I'm trying to eat more vegetable-based dishes and only cook for 2 I thought this might be a good place to find some vegetable-focused recipes. And I was right. There's lots of good-sounding stuff here like Cold Spicy Ramen Noodles with Tofu and Kimchi (he includes an easy recipe for homemade kimchi), Lemon Chili Vinaigrette, Grilled Mushroom, Poblano and Cheese Sandwich, Green Gumbo, Oyster Mushroom and Corn Tart, Chickpea Pancake with Broccoli and Eggplant Puree and Chicken-Fried Cauliflower with Miso-Onion Gravy. There are even a few, mostly fruit-based desserts. I can't wait for summer to try One-Peach Crisp with Cardamom and Honey. Best of all, Joe doesn't look down on those who might want to add a little bacon to their cooked greens, or a poached egg on top of any of the dishes.
