

Cookbooks for Beginners: As Recommended by Registered Dietitians

Compiled by Michelle Dudash, RD, www.Michelledudash.com.

1. *Better Homes and Gardens New Cookbook*

The cookbook that I have used for many, many years and still continue to use. It is straightforward, nicely categorized, has some photos and provides basic recipes.

I worked at Better Homes & Gardens many years ago and I know just how much thought goes into the wording of each recipe and how many times each recipe is tested. You can count on the recipes.

2. *Clean Eating for Busy Families: Get Meals on the Table in Minutes with Simple and Satisfying Whole-Foods Recipes You and Your Kids Will Love*, by Michelle Dudash, RD

Fair Winds Press, On pre-sale now: <http://www.amazon.com/Clean-Eating-Busy-Families-Whole-Foods/dp/1592335144>. Release date: December, 2012

3. *Get Cooking*, by Mollie Katzen

4. *Healthy Meals for Hurried Families*, by Jan Tilley, MS RD LD

A compilation of my favorite family-friendly easy recipes, perfect for beginner cooks! Has sold over 2500 copies so far and has just been out since last October! <http://www.myappetiteforlife.com/healthy-meals-for-hurried-families/>

5. *Healthy Cooking for Two (or Just You)*, by Frances Price, RD

It's an older book, but I believe still available through Amazon. Many people I've

referred to this book have liked how do-able the recipes are (as well as practical for those not in large families). It's healthy, but the portions are ridiculously miniscule either, which is nice.

6. *How to Cook Everything: The Basics*, by Mark Bittman

Its a terrific book for the aspiring cook.

7. *How to Cook Without a Book*, by Pam Anderson

8. *Lickety-Split Meals for Health Conscious People on the Go*, by Zonya Foco, RD

ZHI Publishing, <http://www.zonya.com> or for sample recipes, visit http://www.zonya.com/healthy_recipes.html

9. *Quick and Healthy*, by Brenda Ponichtera, RD

Now in it's 3rd edition. I have the first two and use them often.

Includes sample menus and grocery lists. I like to find simple recipes for fish, including vegetables and grains (baked in foil, etc.). I also enjoy recipes with planned makeovers, using a base recipe, then use in a different dish (like roast chicken, fajitas, soup, casseroles, etc.). Published by: ScaleDown.

www.QuickandHealthy.net or Amazon.

10. *Radically Simple*, by Rozanne Gold, Rodale Books

It has very easy, but flavor-packed recipes for everything--breakfast, appetizers, soups, salads, entrees, vegetables, and desserts.

<http://www.amazon.com/Radically-Simple-Brilliant-Breathtaking-Award-Winning/dp/1605294705>

11. *Salad Secrets*, by Judy Doherty, PC II, Food and Health Communications, Inc.,

http://www.nutritioneducationstore.com/products/Salad_Secrets-377-101.html

iphone/iPad <<http://itunes.apple.com/us/app/salad-secrets-for-ipad/id431028101?mt=8>>

12. *The Way to Cook*, by Julia Child

Directions and photos are very clear and all of the recipes are excellent.

13. *The Joy of Cooking*

A wonderful reference for so many methods and a go-to when you need just about any basic recipe or method/technique. I also recommend any of Alice Waters' books because the recipes are usually very simple.

14. *Vegetarian Cooking for Everyone*, by Deborah Madison

A wonderful book with lots of reference and any plant based recipe you could ever need as a beginning cook.

15. *Simply Vegan*, by Debra Wasserman (From The Vegetarian Resource Group)

http://www.amazon.com/Simply-Vegan-Quick-Vegetarian-Meals/dp/0931411300/ref=sr_1_1?ie=UTF8&qid=1331937979&sr=8-1