



Jeanine Donofrio's [Love & Lemons Every Day](#) by arrangement with Avery, a member of Penguin Group (USA) LLC, A Penguin Random House Company. Copyright © 2019, Jeanine Donofrio

Our Summary:

“Variety is the spice of life,” and Jeanine Donofrio upholds this motto as she brings us vegetable-packed recipes that we might never have imagined! [Love & Lemons Every Day: More than 100 Bright, Plant-Forward Recipes for Every Meal](#) offers us flavorful, easy and fresh recipes with a variety of ingredient combinations, that we will love to eat in a “healthy rotation” any day of the week. This is the age of the vegetable and this cookbook shows you just how versatile vegetables can be. There are recipes for breakfast through dessert, as well as drinks, which use fruits and vegetables from every season to please all tastes. This book is not about becoming vegetarian, it’s about appreciating

vegetables and the variety of ways they can “spice” up your life!

What you need to know:

Get it: [Love & Lemons Every Day: More than 100 Bright, Plant-Forward Recipes for Every Meal](#). Copyright © 2019 by Jeanine Donofrio. Published by Avery, an imprint of Penguin Random House, LLC., April 2, 2019 Hardcover \$35.00; ([Amazon \\$22.48](#); [Kindle \\$18.99](#))

See it: 320 pages of vegetable-packed recipes with vibrant photos of the completed dishes. There is a wonderful *Seasonal Produce Guide* to help you plan and shop, as well as a *Waste Not, Want Not* section that holds some of the author’s favorite ways to use the scrap parts of vegetables that are commonly thrown away. A variety of tips are included throughout the book and a thorough, creative *Table of Contents* concludes with a *Special Occasion Menu* section that incorporates recipes from the book in an easy-to-reference manner.

Make it: 100+ recipes for herbivores and omnivores alike. There are numerous recipes and adaptations for vegan and gluten-free platforms throughout the book. Each recipe is headed with a motivating story and has clear step-by-step cooking instructions.

Cherie’s Review:

She had me at “Love & Lemons!” While on a trip to Capri, Jeanine Donofrio found her inspiration for a food blog about using the freshest, locally-grown produce when she saw a dog with a lemon in its mouth. Fast forward eight years to her latest cookbook, [Love & Lemons Every Day: More than 100 Bright, Plant-Forward Recipes for Every Meal](#), and you’ll see she has hit her stride with season-specific recipes that are perfect for any day of the week.

Back at home Donofrio finds inspiration in the distinctive vegetables at her local farmer’s market and grocery store. She believes the much-maligned rutabaga and the rest of the humble root vegetables deserve some creative love too! In [Love & Lemons Every Day](#) the *Rutabaga Walnut Ragu*, *Parsnip Chickpea Noodle Soup*, and *Root Vegetable Tagine with Lemon Couscous* are wonderful recipes for root vegetables that are the cornerstones of cold-season cooking.



Donofrio's love for lemons is readily apparent in [Love & Lemons Every Day](#) and she uses them to brighten almost any dish! (A girl after my heart!) Lemons, as well as other acids, work in contrast to salt and fats to create a full, well-rounded flavor. If you ever feel that something tastes a little flat, she recommends adding a squeeze of lemon to liven things up! She offers us *Rosemary and Meyer Lemon Focaccia*, *Lemon Zest Labneh*, and a *Blush Lemon Rose Cocktail*, to name just a few of the many lemon-flavored recipes.

[Love & Lemons Every Day](#) contains brilliant resources to help you make vegetables flavorful and exciting! *Anatomy of a Snack Board* is a beautiful pictorial on how to create a delicious snack board and then add something sweet like, *Fig and Thyme Butter*. If you're looking for some cooking basic know-how, enjoy the recipes for *Vegetable Broth*, *6 Ways to Scramble*, and *Pasta: Five Easy Favorites*. Each has a few pearls of wisdom for every cook. There is a wonderful *Giant Grid of Salad Dressings* and a section titled *Roasting Vegetables from A-Z* that provides a quick and complete reference to help you prep any vegetable. And don't forget to raise a glass and toast your kitchen success with any of the *Tea-Tails* [Love & Lemons Every Day](#) offers: *Mint Tea Mule*, *Orange Tea Old Fashioned*, or my personal favorite, *Green Tea Tini* (Two olives, please!).

So, when someone says they loathe a certain vegetable, respond as Jeanine Donofrio would: "you just haven't had it prepared the right way!" Using [Love & Lemons Every Day](#) will help you to convert even the most finicky vegetable eaters. It truly is the age of the vegetable, so make them exciting and inspire those around you to step into the kitchen and have fun celebrating healthy eating and the wonderful world of vegetables!

Recipes to cook from [Love & Lemons Every Day: More Than 100 Bright, Plant-Forward Recipes for Every Meal](#). Copyright © 2019 by Jeanine Donofrio. Reprinted with permission by Avery, an imprint of Penguin Random House, LLC. All rights reserved.

[Asparagus, Snap Pea and Chive Blossom Pasta](#)

[Broccoli Rabe and Burrata with Lemon](#)