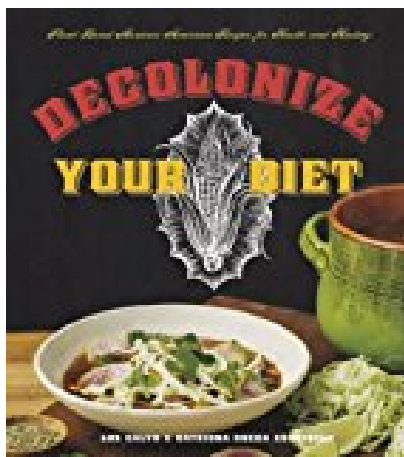


Decolonize Your Diet Plant-Based Mexican-American Recipes for Health and Healing



BOOK DETAILS

- Author : Luz Calvo
- Pages : 256 Pages
- Publisher : Arsenal Pulp Press
- Language : English
- ISBN : 1551525925

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BOOK SYNOPSIS

Authors Luz Calvo and Catriona Rueda Esquibel are life partners; when Luz was diagnosed with breast cancer in 2006, they both radically changed their diets and began seeking out recipes featuring healthy, vegetarian South American foods (Luz's cancer is now in remission). This cookbook features the best of those recipes; Guatemalan-Style Pepian Stew, Speckled Bean and Hominy Stew, Amaranth and Corn Tortillas with Chia Guacamole and Aguachile de Quinoa are just a few of those covered. Includes 120 + recipes and full-colour photography throughout.

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