



A Modern Way to Eat: 200+ Satisfying Vegetarian Recipes (That Will Make You Feel Amazing)

By Anna Jones

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A beautifully photographed and modern vegetarian cookbook packed with more than 200 quick, healthy, and fresh recipes that explore the full breadth of vegetarian ingredients--grains, nuts, seeds, and seasonal vegetables--from Jamie Oliver's London-based food stylist and writer Anna Jones.

How we want to eat is changing. More and more people cook without meat several nights a week and are constantly seeking to push the boundaries of their own vegetarian repertoire. At the same time, people want food that is a little lighter, healthier, and easier on our wallets, and that relies less on dairy and gluten. Based on how Anna likes to eat day to day--from a blueberry and amaranth porridge, to a quick autumn root panzanella, to a pistachio and squash galette--*A Modern Way to Eat* is a cookbook for how we want to eat now.

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Editorial Review

Review

"Anna Jones's simple vegetable recipes are easy enough to make on a Monday but flavorful enough to impress on a Friday. Her approach to recipe writing is informal and informative in an oh-so-British sort of way, not bogged down with hipness but brimming with cloud-like deliciousness. Jones has a clear singular voice executed with the precision of a pro in this cogent tome that will spend much more time on my kitchen counter than on my bookshelf."

- **Mario Batali**

"A simply brilliant book - modern, clever, beautiful and full of delicious recipes. Go Anna!"

- **Jamie Oliver**

"Anna is a treasure. She's the rare cook able to expertly explore the rich realm of possibilities at the intersection of health/wellness and deliciousness. Her food is inspired and fresh, satisfying and beautiful - vibrant food for a vibrant life."

- **Heidi Swanson**

"A collection of recipes that, if you spend as much time as I do snooping around people's kitchens, seems to be shaping up as a kind of new-era *Silver Palate Cookbook*."

- **Sam Sifton, New York Times Magazine**

"Not only do Anna Jones's meat-free recipes speak to us, her relaxed tone and spirited encouragement make it feel as though the Brit food stylist really is speaking to us. Jones's helpful and instructive charts don't just tell you what to cook but also teach you how."

- **Bon Appetit**

"Anna Jones's book *A Modern Way to Eat* is that rare volume that truly delivers on its title's promise."

- **Wall Street Journal**

"For meat-free meal inspiration, check out Anna Jones' debut cookbook, *A Modern Way to Eat*. Her inventive recipes will change the way you see the produce aisle."

- **Dr Oz: The Good Life**

"A solid balance of healthy and just a little sinful. . . . Laid-back home cooks will appreciate the ease and flexibility of Jones's recipes."

- **Library Journal**

"A fresh take on vegetarian meals."

- **The Seattle Times**

About the Author

ANNA JONES is a cook, writer, and food stylist. She has worked with several well-known chefs--Yotam Ottolenghi, Henry and Tom Herbert (*The Fabulous Baker Brothers*), Sophie Dahl, Stevie Parle--and has cooked for British royalty and American presidents. She also helped Jamie Oliver create and grow his global food empire, styling, writing, and working behind the scenes. Jones's work has appeared in the *Telegraph*,

Observer Food Monthly, Guardian, Jamie, and Delicious magazines. She lives, writes, and cooks in Hackney, East London.

Users Review

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