



# Eating in Color: Delicious, Healthy Recipes for You and Your Family

*Frances Largeman-Roth*

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## **Eating in Color: Delicious, Healthy Recipes for You and Your Family** Frances Largeman-Roth

If art throughout the ages is any indication, few things are as visually stunning as the intensity of color present in nature. In *Eating in Color*, registered dietitian and bestselling author Frances Largeman-Roth offers home cooks an easy, fun plan for utilizing the color spectrum to bring more vividly hued food to the table. From deep green kale to vermilion beets, *Eating in Color* showcases vibrant, delicious foods that have been shown to reduce the risk of heart disease and stroke, some cancers, diabetes, and obesity. Avocados, tomatoes, farro, blueberries, and more shine in stunning photographs of 90 color-coded, family-friendly recipes, ranging from Caramelized Red Onion and Fig Pizza to Cran-Apple Tarte Tatin. Clear preparation instructions and nutritional information make this an essential resource for eating well while eating healthy.

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