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Food Swings: 125+ Recipes to Enjoy Your Life of Virtue & Vice

Jessica Seinfeld

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An all-new collection of more than 125 delectable recipes perfect for the reality of the *actual* human experience: sometimes healthy, sometimes indulgent—delicious, either way

Food Swings offers a range of simple and satisfying recipes that speak to both sides of your food brain. Here you'll find the perfect go-to dish for when you want to eat light or for when you are in the mood for something more indulgent. The first half of the book, "Virtue," provides recipes for your controlled side, while the other half, "Vice," is for when you need to feel the wind in your hair. All of it is meant to be enjoyed equally in this fun something-for-everyone collection. So whether you're a home cook looking for new inspiration, a big eater who is ready to party, or a human who might be occupied with watching your waist, you will find what you are looking for in *Food Swings*. Those who are eating gluten-free, dairy-free, meat-free, or almost-vegan, you have come to the right place!

VIRTUE
Quinoa Bowl with Almond Butter, Strawberries, and Hemp Seeds
Ginger Salmon with Sesame Cucumbers
Whole Roasted Cauliflower, Tomatoes, and Garlic
Roasted Plums with Honey and Pistachios

VICE
Cinnamon Buns
Buttermilk Panfried Chicken
Lasagna Bolognese
Chocolate Fudge Cake

In addition to the dozens of inspired dishes offered here, you'll also find personal essays, tips, and tricks for best results, and a gorgeous color photo for nearly every recipe. So no matter what you're in the mood for, you'll find the perfect recipe for it in *Food Swings*.

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