



Christina Cooks: Everything You Always Wanted to Know About Whole Foods But Were Afraid to Ask

Christina Pirello

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Public television cooking show host Christina Pirello is the woman who put the fun back into healthy cooking. In **Christina Cooks** she's responded to the hundreds of questions that her viewers and readers have put to her over the years-with lots of sound, sane advice, hints, tips and techniques-plus loads of great recipes for scrumptious, healthy meals with a Mediterranean flair.

A whole foods cookbook, **Christina Cooks** offers inventive ideas for breakfast, special occasions, and what to feed the kids. Chapters include Soups, Breakfast, Kids' Favorites, Beans, Grains, Vegetables, Beverages, and Desserts-Christina addresses popular myths about dairy and protein amongst other often misunderstood ideas about healthful eating.

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