



# **Curtis Cooks with Heart and Soul: Quick Healthy Cooking from the Host of TV's from My Garden**

*Curtis G. Aikens*

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Anyone who has seen Curtis Aikens in action will attest to his infectious enthusiasm and warmth. These same traits are captured in *Curtis Cooks with Heart & Soul*, a new book that will appeal to the millions of health-conscious cooks looking for more meatless dishes -- and lots of enticing flavors.

Many of the dishes have a down-home flair, but his imaginative use of greens and pasta reflects a passion for the fresh flavors of California-style cooking. In wonderfully fragrant and soul-satisfying dishes, such as Creamy Artichoke Pasta, Asparagus with Sun-dried Tomatoes over Pasta, and Peppers and Pasta, Curtis combines America's favorite comfort food with appealing vegetables and fresh herbs. Other hearty dishes include Pumpkin Soup, Wild Mushroom Chowder, Eggplant Enchiladas, and Apple-Squash Casserole. Lighter, vegetable-based fare includes easy-to-prepare stir-fries, curries, and rolls.

Curtis's knowledge and passion for produce are reflected in surprising, palate-pleasing improvisations, such as Lime Soup, Pizza Primavera, Vegetable Paella, and Swiss Chard Quiche. Healthier twists on Southern favorites, such as Red Beans and Rice and Black-eyed Peas, explode with flavor while skimping on fat. For other good, old-time flavors, Curtis includes staples from his childhood in Georgia: Hush Puppies, Biscuits, Stewed Okra and Tomatoes, Mama's Potato Salad, and Mama's Cabbage. And there's even more to Curtis's brand of eclectic, meatless fare--salads, chilis, stews, dressings, gravies, salsas, sauces, dips, and side dishes! Plus dessert. Curtis's repertoire ranges from traditional Southern specialties, such as Mud Pie and Benne Wafers, to family favorites, such as Sweet Potato Pie and Pecan Pie, to the downright, blatantly wicked: Hot Fudge Pudding.

No matter what Curtis cooks -- whether it is sweet, savory, traditional, or innovative, there are two special ingredients he never leaves out: heart and soul.

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### **From reader reviews:**

#### **Luisa Johnson:**

The book untitled Curtis Cooks with Heart and Soul: Quick Healthy Cooking from the Host of TV's from My Garden contain a lot of information on that. The writer explains the girl idea with easy approach. The language is very clear to see all the people, so do not worry, you can easy to read the idea. The book was authored by famous author. The author provides you in the new era of literary works. It is possible to read this book because you can read on your smart phone, or program, so you can read the book inside anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official web-site along with order it. Have a nice read.

#### **John Warner:**

You could spend your free time to read this book this guide. This Curtis Cooks with Heart and Soul: Quick Healthy Cooking from the Host of TV's from My Garden is simple to develop you can read it in the playground, in the beach, train as well as soon. If you did not have got much space to bring often the printed book, you can buy typically the e-book. It is make you simpler to read it. You can save the actual book in your smart phone. So there are a lot of benefits that you will get when one buys this book.

#### **Jenny Perez:**

This Curtis Cooks with Heart and Soul: Quick Healthy Cooking from the Host of TV's from My Garden is brand-new way for you who has interest to look for some information given it relief your hunger of information. Getting deeper you into it getting knowledge more you know otherwise you who still having little bit of digest in reading this Curtis Cooks with Heart and Soul: Quick Healthy Cooking from the Host of TV's from My Garden can be the light food for you because the information inside this book is easy to get through anyone. These books acquire itself in the form and that is reachable by anyone, yes I mean in the e-book contact form. People who think that in guide form make them feel sleepy even dizzy this book is the answer. So there is no in reading a book especially this one. You can find actually looking for. It should be here for you actually. So , don't miss that! Just read this e-book kind for your better life along with knowledge.

#### **Elda Ornelas:**

What is your hobby? Have you heard which question when you got college students? We believe that that problem was given by teacher to their students. Many kinds of hobby, Everyone has different hobby. And also you know that little person similar to reading or as studying become their hobby. You need to know that reading is very important along with book as to be the factor. Book is important thing to add you knowledge, except your teacher or lecturer. You will find good news or update concerning something by book. Different categories of books that can you decide to try be your object. One of them is actually Curtis Cooks with Heart and Soul: Quick Healthy Cooking from the Host of TV's from My Garden.

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