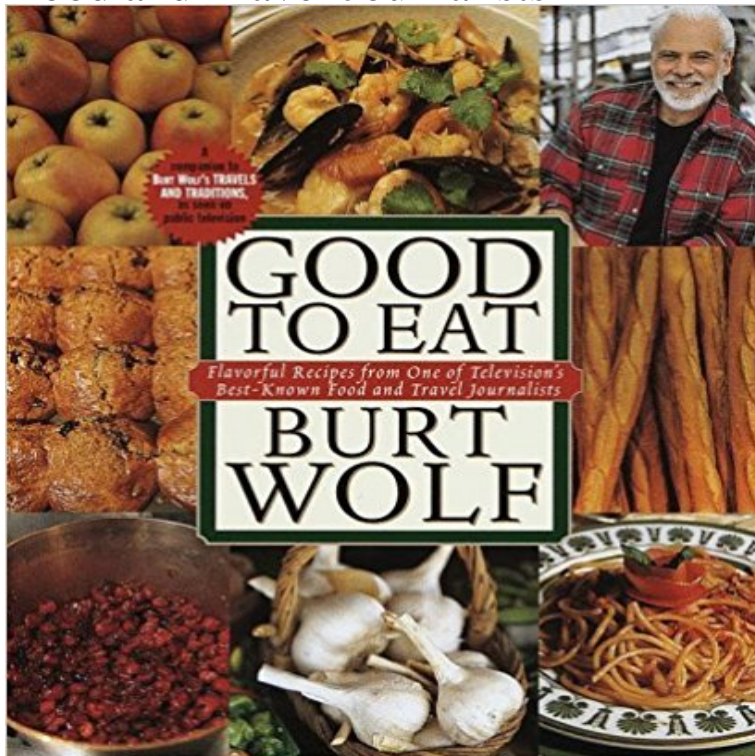


Good to Eat: Flavorful Recipes from One of Television's Best-Known Food and Travel Journalists



With 135 recipes from places as far-flung as Baja California, Mexico; Brussels, Belgium; Richmond, Virginia; and Rome, Italy, Burt Wolf's latest cookbook captures all the international excitement of his new public television series, *Travels and Traditions*. Illustrated with sixteen pages of full-color photographs, *Good to Eat* offers dishes that are often perfect choices for the health-conscious cook. Take, for example, the classic Minestrone Milanese, a filling, vegetable-packed soup that has become an international favorite; or, from Trondheim, Norway, Salmon with a Basil Crust and Ratatouille Salsa. But good eating is about pure pleasure, too, and *Good to Eat* also includes recipes that will satisfy the pleasure-seeker in all of us--from the Cayman Islands Nut-Crusted Pork Tenderloin to Richmond, Virginia's Pecan Apricot Cake. And, of course, Burt adds his own words of wisdom on a variety of topics, entertaining while he educates on subjects such as the naming of Jarlsburg cheese, the origins of big game fishing, and the food of Hong Kong, as well as the role of dietary fat, the need to find balance in the foods you eat, the truth about cholesterol, and the importance of consuming enough essential vitamins and minerals. With this book, home cooks will discover that good to eat means following a generally healthy diet that is also tasty and satisfying, and that sensible eating can certainly be soul-satisfying as well.

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