



HOW TO EAT

Plant-Based Recipes to

Save Your Life and Our Planet

DR. P.K. NEWBY

health·y· he·don·ism™

/'helTHē/ /'hēdə,nizəm/

1. **health:** a state of complete physical, mental and social well-being
2. **hedonism:** the pursuit of pleasure; sensual self-indulgence
3. **healthy hedonism:** a plant-based, globally-inspired diet that promotes health, prevents disease, and protects the planet, one delicious bite at a time; the #pkway

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Sharing Love *A Call to Help Feed Our Neighbors*

Dear Friends,

These are super weird times, the apocalypse and all. Maybe health conscious eating has fallen by the wayside in order to just keep your world going the best way you know how. Stress baking and comfort food are top of mind for many, I know. And that's okay. I get it!

Still, as we continue with "the new normal," perhaps it's time to remember life as we knew it. (As much as possible, anyhow.) While COVID-19 is an imminent threat to our health, this too shall pass. What will continue is the epidemic of preventable chronic diseases and the climate change crisis. And the truth is that 80% of obesity, type 2 diabetes, heart disease, and stroke is preventable, along with 40% of cancers—and the single biggest risk factor is diet. For many of us, what and how we eat is something we *can* control. And that kind of feels nice right now.

Remember all that talk about a "plant-based diet," one that's abundant in vegetables, fruits, whole grains, beans, legumes, and nuts? It's still a thing! And consuming a plant-based diet that limits animal foods (especially meat and dairy) remains the key to your health and longevity. And to curbing your plate's environmental footprint.

Yet food is far more than medicine and a means to sustainability; it's a critical part of our traditions and culture and brings enjoyment and pleasure to our lives. Now, more than ever, is the time for "Healthy Hedonism," my science-based, food-loving philosophy that grew from decades of studying why what we eat matters, from farm to fork. A little nutrition knowledge and wisdom are needed to balance moderation and indulgence, something I talk more about in my various books and (free) ebooks and articles at pknewby.com. Here, I've compiled a few recipes from my blog into this cookbook. Most are soups and salads, the foundation of my diet. There are a few sweet treats and cocktails, too; it's all part of the #pkway. I've also tried to include recipes that are fun to make with kids. I hope you find them inspiring and tasty and enjoy them as much as I do.



Part of my calling as a scientist, author, and health expert is to raise awareness of critical food issues that impact our world. My hope is that, by making this book free of charge, you will in turn make a donation to [Feeding America](https://www.feedingamerica.org/), if able. This nonprofit organization plays a vital role in providing sustenance to hungry people and urgently needs our assistance given the growing unemployment and food insecurity due to the coronavirus pandemic. Will you please join me in bringing food to our neighbors who need our help during this crisis?

With Gratitude,
P.K. Newby

Healthy Hedonism *or, How to Eat, the #pkway*

THREE KEYS to creating a lasting diet that's better for you and the planet too (and doesn't suck):



Plant-Powered

Because going green is everything.



Pleasure-Centered

Because we're driven by taste.



Evidence-Based

Because science.





Roasted Cauliflower Soup

This is one of my favorite go-to soups, any time of year. Feel free to start with frozen cauliflower, but taking the time to roast is the key. Experiment by adding broccoli, parsnips, white beans, or whatever you like. (Not at the same time.)

Prep & Cook: <1 hour

Skill Level: Easy

Vegetarian or Vegan, Gluten-free

Ingredients

- 1 head cauliflower, with core and leaves, chopped
- 3 cloves garlic, skins removed and smashed
- 2 tablespoons olive oil
- 1 large yellow or white onion, chopped
- 1 teaspoon salt
- 1/4 teaspoons white pepper (or black)
- 1 teaspoon dried thyme
- 1 teaspoon mustard powder
- Several sprigs fresh thyme
- 1-2 dried bay leaves
- 4-6 cups vegetable stock, preferably [homemade](#)
- Splash white wine vinegar
- 1/4-1 cup cream (approximate), optional
- Fresh nutmeg, grated (~1/4 teaspoon)

Directions

Preheat the oven to 475° F. Roast cauliflower and garlic for about 20 minutes. Make sure to use the nutrient-rich leaves and core of the cauliflower too.

Meanwhile, sauté onions in olive oil with salt and pepper over medium heat about 6 minutes. Add the roasted veggies and remaining spices, mixing to combine.

Add about 4 cups stock along with fresh thyme and bay leaves. Bring to a boil, then turn down to simmer for about 20 minutes.

Remove the bay leaf and thyme and purée the soup. (A hand blender makes it easy.) Grate in fresh nutmeg, add splash of vinegar, and reseason soup to taste. Add more stock as needed to thin. Add cream to taste, if using.

Garnish with slivered scallions, if desired.



Moroccan Red Lentil and Sweet Potato Soup

Following soy and hemp, lentils have the highest amount of protein by weight compared to any legume or nut. One of my favorites, this soup boasts the warm flavors of North African cooking and the lentils burst during cooking to create a thick, satisfying, low-calorie dish.

Prep & Cook: ~45 minutes Skill Level: Easy Vegan, Gluten-free

Ingredients

- 2 tablespoons grapeseed oil
- 1 1/2 cups diced sweet potato, with skin
- 1/2 cup diced red pepper
- 1 cup diced onion
- 3/4 teaspoon salt
- 1/4 teaspoon white pepper
- 3 large cloves garlic, minced
- 1 tablespoon cumin
- 1 1/2 teaspoon turmeric
- 1 3/4 teaspoons Hungarian paprika (sweet)
- 1 1/4 teaspoons cinnamon
- 1 teaspoon ginger powder
- 2 cups red lentils, rinsed
- 6 cups vegetable stock, split ([homemade](#) or no-salt added store-bought)
- 4 tablespoons tomato paste
- Splash balsamic vinegar
- Garnish with pomegranate seeds, non-dairy yogurt, and mint sprig (optional)

Directions

Heat oil over medium heat and add chopped vegetables, salt, and pepper. Stir and cook about 5 minutes, then mix in garlic and all spices until fragrant, an additional 2 minutes.

Stir lentils into vegetables to combine, then add 5 cups of stock. Cover, bring to boil, then turn down to simmer for about 30 minutes, until lentils are broken down and sweet potatoes are soft. Stir in tomato paste and vinegar and additional stock, if desired, and adjust seasonings to taste.

Spoon soup into bowls and garnish as desired.

Cook's Note. The soup will thicken in the fridge; after reheating, thin with water or stock if needed.



Quick Baked Beans

Beans are the new beef, haven't you heard? Beans are rich in fiber, vitamins, minerals, and phytonutrients (plant chemicals) that help lower "bad" cholesterol and stabilize blood sugar. Baked beans are especially delightful—and terrific on whole grain toast.

Prep & Cook: <30 minutes Skill Level: Easy Vegan, Gluten-free

Ingredients

- 1 tablespoon olive oil (or other vegetable oil)
- 1 small onion, diced
- 1/2 cup poblano chile pepper, diced
- 4-5 cloves garlic, minced
- Salt and pepper, to season
- 2 tablespoons molasses
- 2 tablespoons maple syrup
- 1/3 cup tomato paste
- 1 tablespoon dry mustard
- 1 tablespoon whole grain Dijon mustard
- 3 tablespoons Worcestershire sauce
- 1 tablespoon apple cider vinegar
- Pinch or two ground cloves
- 5 15-ounce cans navy beans with their liquid (no salt added)

Directions

Sauté onion and pepper in oil over medium heat, season with salt and pepper, and cook about 5 minutes. Add garlic and stir until fragrant. Stir in molasses and tomato paste and cook over low heat for approximately 5 minutes, then add remaining remaining ingredients except beans. Stir to combine, then add the beans and their liquid. Mix over high heat and bring to a boil, then lower heat to a simmer.

Cook on stovetop until liquid has reduced and thickened, to desired taste and viscosity: the longer it simmers, the thicker the sauce will become. Add water if needed. Taste and reseason with salt, pepper, and sweeteners as desired. Enjoy warm, hot, cold, room temperature, or any way you please!

This makes a big batch that will last in the fridge longer than it'll take to eat---and freezes beautifully.



Roasted Red Pepper and Tomato Soup

This soul-warming soup is ideal for simple weekday meals. You just need a few aromatics and items you've likely got hanging around your home and you're twenty-five minutes away from a creamy, rich, gorgeously-hued soup appearing on your table. So, so good.

Prep & Cook: ~30 minutes

Skill Level: Easy

Vegetarian or Vegan, Gluten-free

Ingredients

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 1 teaspoon salt
- 1/4 teaspoon black pepper, freshly ground
- 3 cloves garlic, minced
- 1 teaspoon basil, dried
- 1/2 teaspoon oregano, dried
- 1 teaspoon thyme, dried
- Pinch or two of crushed red pepper (optional)
- 2 roasted red peppers, chopped
- 28 ounces chopped or crushed canned tomatoes (no salt added)
- 4 cups vegetable stock, , preferably [homemade](#)
- Splash balsamic or red wine vinegar
- 2/3 cup heavy cream (or to taste; omit for vegan version)
- 1 tablespoon thyme leaves, fresh
- Goat's cheese, for garnish (optional)

Directions

Heat oil over medium heat. Add onion, season with salt and pepper, and sauté until translucent, about 6 minutes. Stir in garlic and spices until fragrant, about 45 seconds, then add in the roasted red peppers and tomatoes. (Roast a pepper yourself or just use jarred from the store.) Cook 5 minutes over low heat to bring the flavors together, then pour in the stock and bring to a boil. Simmer for 10 minutes, then use a hand blender to purée the soup until smooth. Stir in fresh thyme and vinegar and cream, if using, and simmer an additional 5 minutes. Taste and reseason with salt, pepper, and crushed red pepper as desired.

Garnish with a crumble of chèvre, if you like, and a drizzle of olive oil for extra-special treatment.

Cook's note: I normally double the recipe to ensure lots of leftovers for fridge and freezer.

Mushroom, White Bean, and Barley Stew

Whether you call it a really thick soup or hearty stew, it's bursting with nutritious whole grains, beans, vegetables, and savory herbs. It's inexpensive, easy, and freezes beautifully, so why not double the recipe for another week of meals?

Prep & Cook: ~1 hour

Skill Level: Medium

Vegan

Ingredients

- 1 cup hulled barley, rinsed
- 8 cups vegetable stock, preferably [homemade](#)
- 1 cup dried wild mushrooms
- 1/8 cup olive oil
- 1 cup sliced carrot
- 1 cup sliced celery
- 2 cups chopped onions
- 2 cups sliced baby bella mushrooms
- 1 1/2 teaspoons dried thyme
- 1/2 teaspoon fresh rosemary, minced
- 1 tablespoon fresh sage, minced
- 1 cup navy beans, cooked
- 4 large cloves garlic, crushed
- 1/2 cup beer (or extra stock, or water)
- 2 tablespoons low-sodium soy sauce (tamari) or Bragg's liquid aminos
- Splash white wine vinegar
- 1/2 cup parsley, chopped
- Kosher salt and freshly ground pepper

Directions

In a large soup pot, toast the barley lightly in a drizzle of olive oil over high heat, season with salt, and add stock. Bring to a boil and then simmer until barley is almost cooked, about 60 minutes. (Much liquid will remain.) After 40 minutes, add dried mushrooms to pan to reconstitute.

Meanwhile, heat olive oil to medium in a large sauté pan. Add carrots, celery, onions, and sliced mushrooms. Season with salt, black pepper, thyme, rosemary and sage and cook about 10-12 minutes. Add crushed garlic and white beans, mixing about 30 seconds until garlic is fragrant. Deglaze with 1/2 cup of beer (or stock or water) and reduce a bit.

Add all cooked vegetables to the barley-mushroom mixture, along with vinegar, then tamari; it doesn't make the soup taste like soy sauce, don't worry, but it's important. Stir in parsley, taste, and reseason; you'll probably need more salt and pepper.

Mexican Cauliflower

Cauliflower is one of my favorite vegetables, in part because it's so versatile. Here, the big white crucifer gets ravishing south-of-the-border treatment, making for a tantalizing dish (and fan favorite). Careful, chipotles and jalapeños add considerable heat: This is spicy!

Prep & Cook: ~1 hour Skill Level: Medium Vegan, Gluten-free

Ingredients

- 2 medium heads of cauliflower, chopped (about 10 cups)
- 2 tablespoons canola oil
- 1 1/2 cups chopped yellow onion
- 1/2 cup chopped red pepper
- 3/4 cup poblano pepper, chopped
- 1/2-1 jalapeño, finely minced
- 3 cloves garlic, finely minced
- 2 teaspoons cumin
- 1 teaspoon chili powder
- 1 teaspoon oregano
- 1/2 teaspoon salt
- 2 tablespoons chopped (canned) chipotles in adobo
- 28 ounces canned diced tomatoes, unsalted
- 3/4 cup cooked pinto beans
- 1 tablespoon lime juice, freshly squeezed
- 1/4 cup beer (optional)
- 1/2 cup chopped cilantro (optional)

Directions

Preheat the oven to 475° F. Drizzle the chopped cauliflower with a bit of olive oil and season with salt and pepper; use the nutrient-rich leaves and core of the cauliflower, too. Roast on a baking sheet for about 20 minutes, tossing about half-way through.

Meanwhile, heat the canola oil in a large pot over medium heat and cook the onion and peppers until softened, about 6 minutes. Mix in the garlic, salt, and seasonings until fragrant, about 45 seconds.

Stir in canned tomatoes, chipotles, and beans. Add lime juice and beer. Simmer about 15 minutes as the flavors marry.

Mix roasted cauliflower and cilantro into the pot and let it hang out about 5 minutes. Taste and reseason with salt, pepper, spices, and chile peppers as desired.



Roasted Butternut Squash Soup

Roasted squash soup is simple to make and bursting with cancer-fighting carotenoids, B-vitamins, minerals, and fiber for a deliciously nutritious lunch or dinner. Use whatever combo of squashes and sweet potatoes you have on hand; it's all good.

Prep & Cook: ~1 hour Skill Level: Easy Vegetarian or Vegan, Gluten-free

Ingredients

- 8 cups roasted butternut squash and/or sweet potatoes
- 3 tablespoons olive oil
- 2 leeks, chopped and rinsed well (about 1 cup)
- 3 stalks celery, chopped (about 1 cup)
- 1 large red pepper, chopped (about 3/4 cup)
- 5 cloves garlic, crushed
- Salt and freshly cracked pepper, to season
- 10 cups veggie stock, [homemade](#) or no-salt store-bought
- Splash white balsamic vinegar
- Additional salt and pepper
- Heavy or light cream to taste (omit for vegan version)

Directions

Preheat oven to 475° F. Cut squashes in half and remove seeds, lightly oil, place on baking sheet flesh-side down and roast about 20 minutes, until a sharp knife is easily inserted into its flesh. If using sweet potatoes, cut in half and leave the fiber-rich skin on.

Meanwhile, heat oil in a large soup pot to medium heat, then add the leeks, celery, and red pepper, seasoning with salt and pepper. Cook about 5 minutes, until vegetables are soft, then add garlic and stir until fragrant, about 30 seconds.

Scoop flesh from squash into soup pot and chop and add the sweet potatoes, if using. Mix to combine, breaking up the squash with a wooden spoon. Stir in stock, bring to a boil, then reduce heat and simmer an additional 20-30 minutes.

Add vinegar, stir, then blend soup, taste, and adjust salt and pepper if needed. Add cream if desired.

Cauliflower Tacos

Now that you've got all that Mexican cauliflower on hand, why not stuff some leftovers into soft tacos for a tantalizing treat? Kids will have fun garnishing it with all the fixings they love—and definitely won't miss the meat. Olé!

Prep & Cook: ~10 minutes Skill Level: Easy Vegan, Gluten-free

Ingredients

- Mexican cauliflower (see earlier recipe)
- Soft whole wheat or whole corn tortillas
- Taco fixings:

Grated cheese
Cilantro
Sliced scallions
Sour cream
Guacamole or chopped avocado
Corn Salsa
Black olives
Jalapeños

Cook's note: Why not try non-dairy cheese or sour cream, or leave out altogether? With so many other great flavors you probably won't miss it...

Directions

Reheat the Mexican cauliflower you already made, prep the fixings, heat up the tortillas, and you're good to go.

This is why I make things in large batches: days of meals without days of cooking!



Chana Masala (Curried Chick Peas)

I adore Indian food: saucy, spicy, and big flavors that please the palate, again and again. Don't be overwhelmed by the amount of ingredients: most are spices. But you do kind of need them all to get the flavor profile right; check out your local Indian food store!

Prep & Cook: 45 minutes

Skill Level: Harder

Vegan, Gluten-free

Ingredients

- 2 tablespoons grapeseed oil
- 3 large onions, diced
- 5 cloves garlic, crushed
- 4 teaspoons grated fresh ginger
- 1-2 jalapeno peppers, minced
- 2 1/2 tablespoon ground coriander
- 4 teaspoons ground cumin
- 1 teaspoon ground cayenne pepper
- 2 teaspoons ground turmeric
- 5 teaspoons cumin seeds, toasted and ground
- 2 tablespoons pomegranate seeds, ground (okay to omit if you can't find)
- 4 teaspoons paprika
- 2 teaspoons garam masala
- 1 teaspoon each salt and pepper
- 4 cups chopped tomatoes (no salt canned)
- 1 1/2 cups water
- 8 cups cooked chickpeas, no-sodium canned or [from dried](#)
- Juice from 2 limes

Directions

Heat oil in a large skillet to medium and sauté onion, garlic, ginger and jalapeños and until softened and brown, about 5 minutes. Turn heat down to medium-low and mix in all spices until cooked, about 2 minutes. Stir in tomatoes, water and chickpeas.

Simmer uncovered for 20 minutes, allowing to reduce somewhat, then squeeze in fresh lime juice.

Taste and reseason with additional citrus, salt, or cayenne pepper as needed; a squirt of agave nectar may provide balance. if needed.

Serve with a dollop of yogurt or raita; a scatter of cilantro; atop brown rice; scooped onto naan; or all on its own.

Spring Green Soup

This lovely green-hued soup says “Welcome, Spring!” yet it still delivers the hearty warmth of creamy cauliflower, perfect for cool evenings at the beginning of the season. Green peas (frozen are perfect) lend color and sweetness to the soup.

Prep & Cook: ~45 minutes

Skill Level: Easy

Vegan or Vegetarian, Gluten-free

Ingredients

- 1 head cauliflower, with core and leaves, chopped
- 3 cloves garlic, skins removed and smashed
- 2 tablespoons olive oil
- 1 large yellow or white onion, chopped
- 1 teaspoon salt
- 1/4 teaspoon white pepper
- 1 teaspoon dried thyme
- 1 teaspoon mustard powder
- Several sprigs fresh thyme, tied
- 1-2 dried bay leaves
- 4-6 cups vegetable stock, no salt store-bought or [homemade](#)
- 1 cup frozen green peas
- 1/4 teaspoon nutmeg
- Splash white wine vinegar
- 1/4 cup cream, optional

Directions

Preheat oven to 475° F. Drizzle cauliflower and garlic with olive oil, season with salt and pepper, and roast on a baking sheet for about 20 minutes, tossing half-way through. Use the nutrient-rich leaves and core of the cauliflower, too.

Meanwhile, sauté onions in olive oil with salt and pepper over medium heat about 6 minutes. Mix in roasted veggies and remaining spices.

Add about 4 cups stock along with fresh thyme and bay leaves. Bring to a boil, then simmer for about 20 minutes. Add frozen peas and continue simmering for 10 minutes, until peas are cooked.

Remove the bay leaf and thyme and puree the soup. (A hand blender makes it easy.) Grate in fresh nutmeg, stir in vinegar, and reseason to taste. (Add more stock as needed to thin.) Add cream, if using.

I usually double this to ensure leftovers.



Black Beans

This tasty dish comes together really quickly with canned beans and tomatoes; you can use frozen onion and peppers, too, if you like (or omit green peppers altogether). Plus, you can play around with the amount of liquids to make this into a soup, which I often do.

Prep & Cook: <30 minutes Skill Level: Super Easy Vegan, Gluten-free

Ingredients

- 2 tablespoons safflower oil (or any vegetable oil)
- 1/2 medium onion, chopped
- 1/2 poblano pepper, chopped
- 1/2 red pepper, chopped
- Salt and freshly ground black pepper, to season
- 5 garlic cloves, minced
- 1 1/2 teaspoons dried oregano
- 1/2 teaspoon chili powder
- 2 teaspoons cumin
- Pinch or two of cayenne, to taste
- 2 15-ounce no-salt added black beans with their liquid
- 1 cup water or vegetable stock or a 15-ounce can stewed or chopped tomatoes
- Juice from 1-2 limes, freshly squeezed
- 1 teaspoon brown sugar or agave nectar, to taste
- 1/4 cup chopped cilantro with additional for garnish (optional)

Directions

Heat oil over medium heat until shimmering, then add in chopped onions and pepper(s). Season with salt and pepper and sauté until soft but not browned, about 5 minutes. Add garlic and oregano (and other spices, if using) and stir until fragrant. Add beans and liquids (and/or tomatoes), bring to a boil, then lower heat and simmer for five minutes. Taste, and reseason with salt, pepper, and seasonings as needed. Taste again and finish the dish with fresh lime juice for acidity and sugar for sweetness, if desired, and/or cilantro.

Makes about 6 cups. Recipe can be doubled and freezes beautifully

Cook's note: Remember, you can always [start with dried beans](#) if you plan ahead. And tomato paste is great to have on hand in case you need a quick flavor booster and thickener for dishes like this.

Asparagus, Green Apple, and Pecan Salad

Asparagus is one of the first vegetables to come up in the spring, and roasting stalks in a white hot oven is the optimal way to coax flavor from these babies, as with most veg. Granny Smith apples and toasted pecans add tang and crunch. Delightful!

Prep & Cook: ~30 minutes

Skill Level: Easy

Vegan, Gluten-free

Ingredients

- 1 cup of pecans, toasted
- 1-2 bunches asparagus, washed and trimmed
- 1 lemon, zested and juiced
- 2 garlic cloves, minced
- 1-2 green apples, unpeeled, sliced, and rubbed with fresh lemon juice
- Olive oil
- Salt and pepper

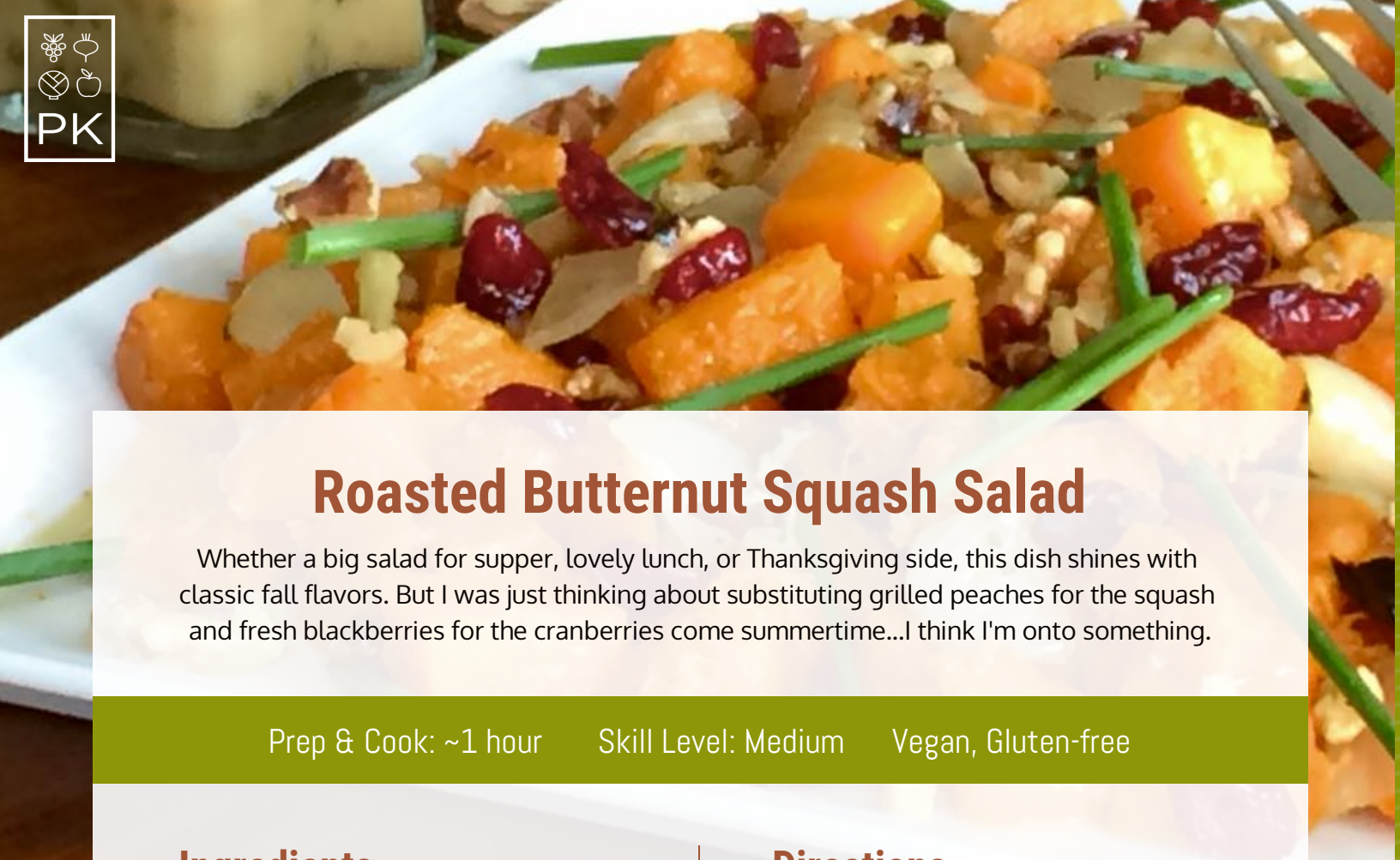
Directions

Turn oven to 475° F. Scatter nuts on a baking sheet and toast while the oven is pre-heating; they should smell fragrant in about 5 minutes. Remove and set nuts aside. Careful: pecans burn fast!

Wash and trim the asparagus and place on the same baking sheet. Drizzle with a bit of olive oil, season with salt and pepper, and grate on zest from 1 lemon and add minced garlic. Toss together with hands then roast about 10 minutes (depending on thickness of spears).

Thinly slice apples and rub lightly with a bit of lemon juice to prevent browning.

Prettily plate the asparagus, sliced apples and toasted pecans. Season with sea salt and freshly ground pepper. Drizzle with additional olive oil and squeeze on more lemon juice or serve with your favorite simple vinaigrette (many example on my [blog](#)).



Roasted Butternut Squash Salad

Whether a big salad for supper, lovely lunch, or Thanksgiving side, this dish shines with classic fall flavors. But I was just thinking about substituting grilled peaches for the squash and fresh blackberries for the cranberries come summertime...I think I'm onto something.

Prep & Cook: ~1 hour Skill Level: Medium Vegan, Gluten-free

Ingredients

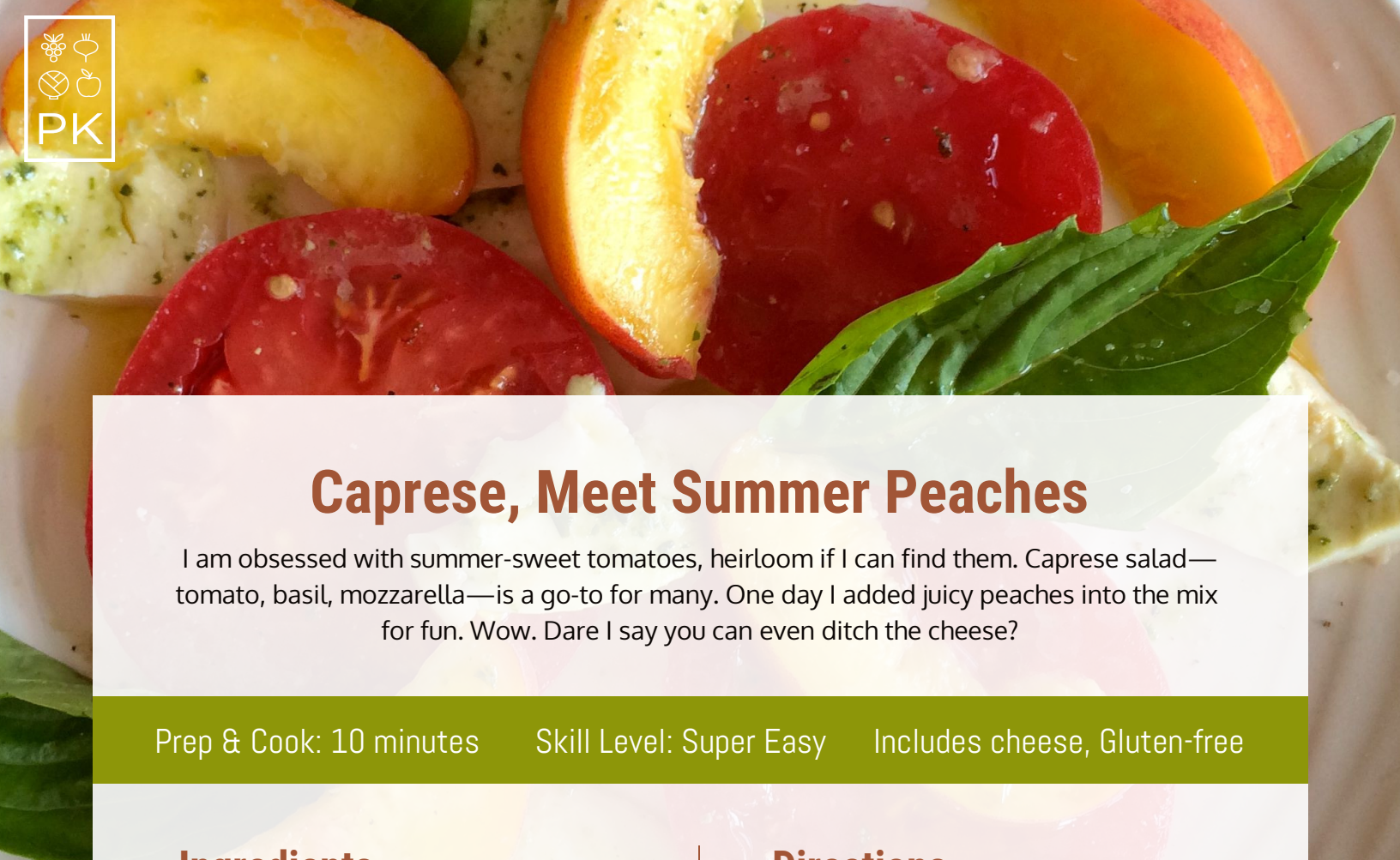
- 1/2 cup walnuts, toasted
 - 1-2 large butternut squashes, cubed
 - 1 large onion, large chop (about 1 cup)
 - 2 tablespoons fresh rosemary, rough mince
 - 2-3 tablespoons extra-virgin olive oil, split, or more
 - 1/2 cup dried cranberries (reduced sugar if possible)
 - 1 clove garlic, crushed
 - 2 teaspoons Dijon mustard
 - 2 tablespoons apple cider vinegar
 - 4-6 tablespoons vegetable oil (olive, canola, or grapeseed)
 - 1 teaspoon fresh thyme leaves (or 1/4 teaspoon dried)
 - 1 tablespoon chives
 - Salt and freshly ground pepper, to taste
- Cook's note.** Include salad greens or cooked grains for a heartier salad.

Directions

Turn oven to 475° F. Place walnuts on a cookie sheet in the cold oven; they'll be toasted in 5-8 minutes. Meanwhile, drizzle squash and onions with a bit of olive oil, season with salt and pepper and rosemary and mix to coat. Spread onto a baking sheet and roast about 20 minutes, tossing once, until softened but squash retains its shape and texture.

Meanwhile, whisk mustard, vinegar, thyme, and garlic together in a small bowl, then stream in about 4 tablespoons of oil until emulsified. Season with salt and pepper and taste: some people like a dressing with a more vinegary zing while others prefer a milder taste. Adjust as needed.

Place warm or room temperature vegetables on a large serving platter, and scatter with chives, walnuts, and cranberries. Drizzle with vinaigrette.



Caprese, Meet Summer Peaches

I am obsessed with summer-sweet tomatoes, heirloom if I can find them. Caprese salad—tomato, basil, mozzarella—is a go-to for many. One day I added juicy peaches into the mix for fun. Wow. Dare I say you can even ditch the cheese?

Prep & Cook: 10 minutes

Skill Level: Super Easy

Includes cheese, Gluten-free

Ingredients

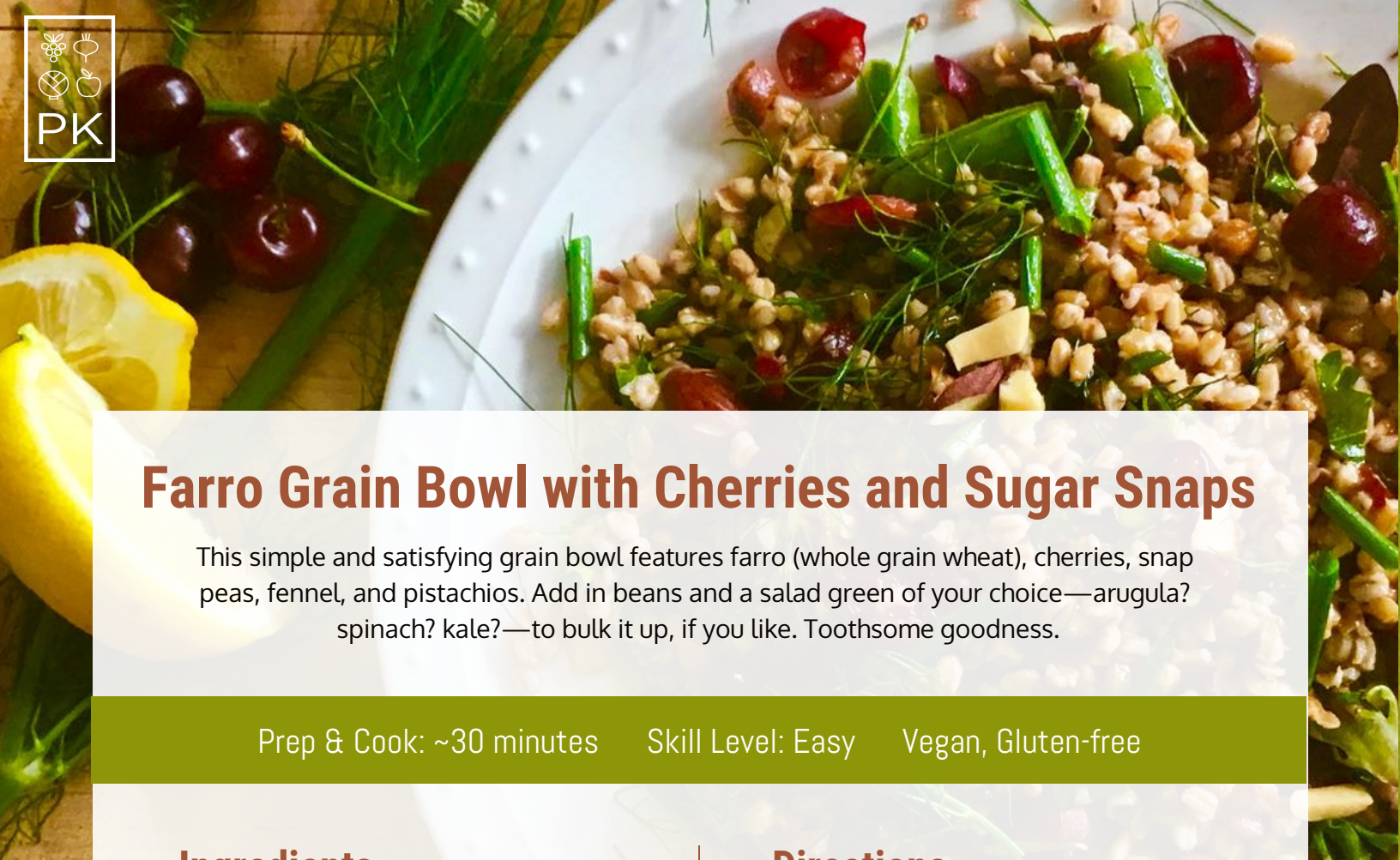
- 1-2 tomatoes, whatever kind you got
- 1-2 ripe peaches or nectarines, with skin
- Fresh basil leaves
- Olive oil
- Balsamic vinegar
- Kosher or sea salt
- Freshly ground pepper

Directions

This is hardly a recipe. But it is something you can nosh on again and again and again for breakfast, lunch, snack, dinner, whatever. So I'm including it here.

Simply slice the tomatoes and peaches directly onto a plate artfully, the juicier the better! Tuck in basil leaves and cheese, if using, and drizzle with olive oil and vinegar. Season with salt and pepper. Devour.

Cook's Note. If you feel like getting fancy, go ahead and plate over a bed of pesto. I've even got a [vegan](#) version where you won't miss the cheese, I promise.



Farro Grain Bowl with Cherries and Sugar Snaps

This simple and satisfying grain bowl features farro (whole grain wheat), cherries, snap peas, fennel, and pistachios. Add in beans and a salad green of your choice—arugula? spinach? kale?—to bulk it up, if you like. Toothsome goodness.

Prep & Cook: ~30 minutes Skill Level: Easy Vegan, Gluten-free

Ingredients

- 4 cups cooked farro
- A bunch of red cherries, pitted
- A bunch of sugar snap peas, rough chop
- 1 fennel bulb, sliced, along with fronds
- 1/2 cup chopped scallions or red onion
- 1/2 cup parsley
- Juice from 1 lemon
- 2 tablespoons olive oil, or to taste
- 1/2 cup pistachios or almonds, toasted

Directions

Salad. Start with about 4 cups of farro, or however much you want. Add in remaining fruit, vegetables, and herbs and mix to combine.

Dressing. Squeeze the juice from a half a lemon or so directly onto the mixture, and then drizzle with extra virgin olive oil. Season with sea salt and freshly ground black pepper, stir, and taste. Readjust seasonings as desired, to your liking.

Cook's Note. Do you.

21st Century Waldorf Salad

Waldorf salad was created at the turn of the twentieth century and got a shout-out in Cole Porter's classic song "You're the Top" ("Anything Goes," 1934). It also played a starring role in one of the episodes of the 1979 British sitcom "Fawlty Towers." I dig it.

Prep & Cook: ~15 minutes Skill Level: Super Easy Vegan or Vegetarian, Gluten-free

Ingredients

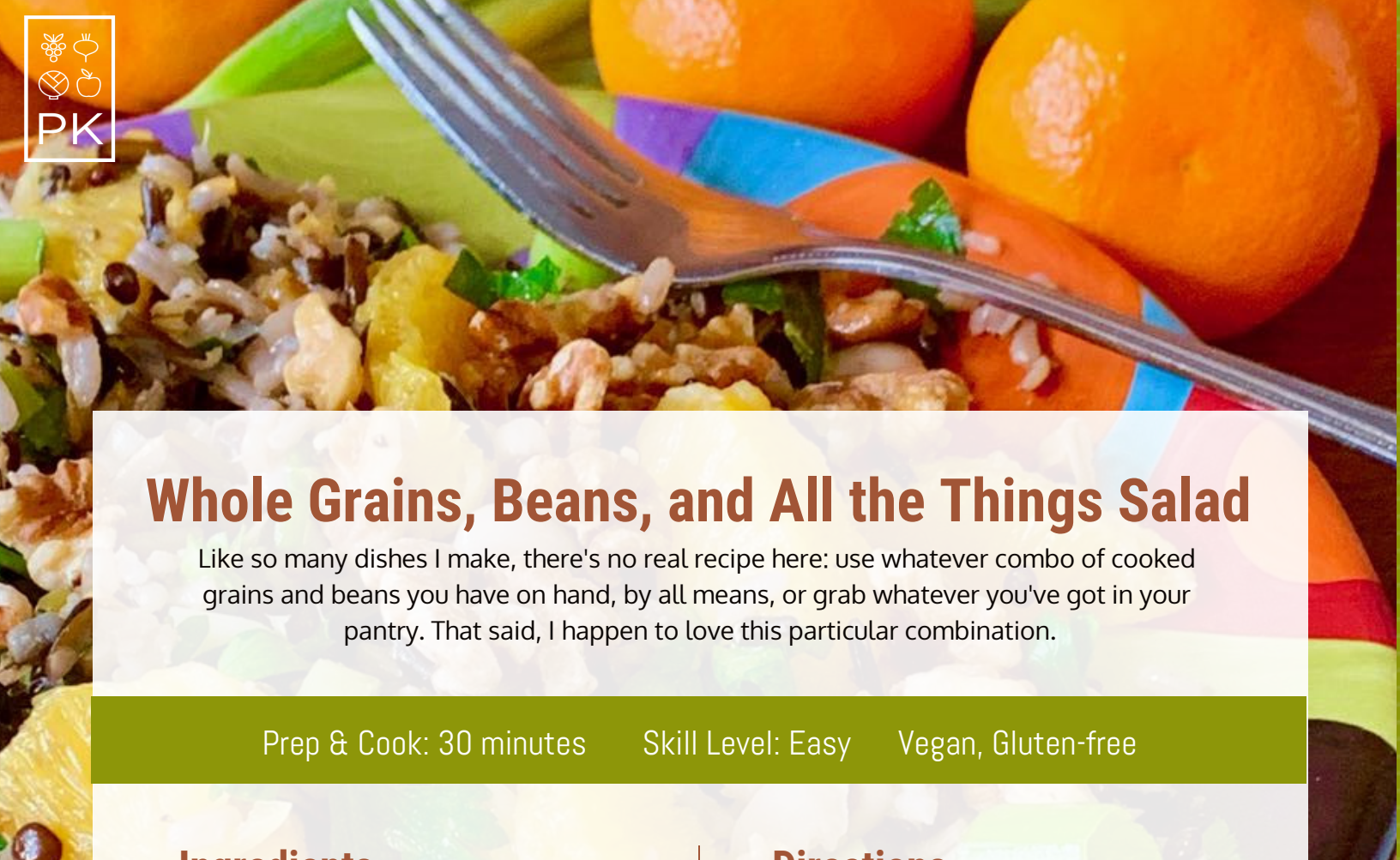
- 2 apples, any kind, with skin
 - 2 Hakurei turnips (sweet salad turnips)
 - 1 teaspoon fresh lemon juice
 - 1 tablespoon scallions, diced
 - 1 tablespoon celery, diced
 - 1 tablespoon parsley, rough chop
 - 1 tablespoon mayonnaise
 - 1 tablespoon nonfat yogurt
 - 1 tablespoon raisins (I prefer golden)
 - 1 1/2 tablespoons pecans or walnuts, toasted
 - 1/2 teaspoon white balsamic vinegar
 - 1/2 teaspoon agave nectar (or honey) (optional)
 - Salt and freshly ground pepper, to taste
- Cook's Challenge.** This a terrific time to try vegan: nondairy yogurt and mayo work just fine here and no one will notice the difference with everything else going on.

Directions

Give the unpeeled apples and turnips a large chop and toss with freshly squeezed lemon juice. (I generally choose one sweet and one tart apple.)

Stir in scallions, celery, parsley, mayonnaise, yogurt, raisins, and nuts. Add a shake of vinegar and small squirt of agave, season with freshly ground pepper and a few pinches of salt, and mix. Taste and adjust: final amounts of vinegar, lemon juice, and agave (if using) will be dictated by how sweet or tart the apples you selected were as well as your own preferences. I enjoy tang so often squeeze in a bit more lemon juice.

Garnish with lemon zest, a few nuts, or a scatter of parsley and scallions, as desired.



Whole Grains, Beans, and All the Things Salad

Like so many dishes I make, there's no real recipe here: use whatever combo of cooked grains and beans you have on hand, by all means, or grab whatever you've got in your pantry. That said, I happen to love this particular combination.

Prep & Cook: 30 minutes

Skill Level: Easy

Vegan, Gluten-free

Ingredients

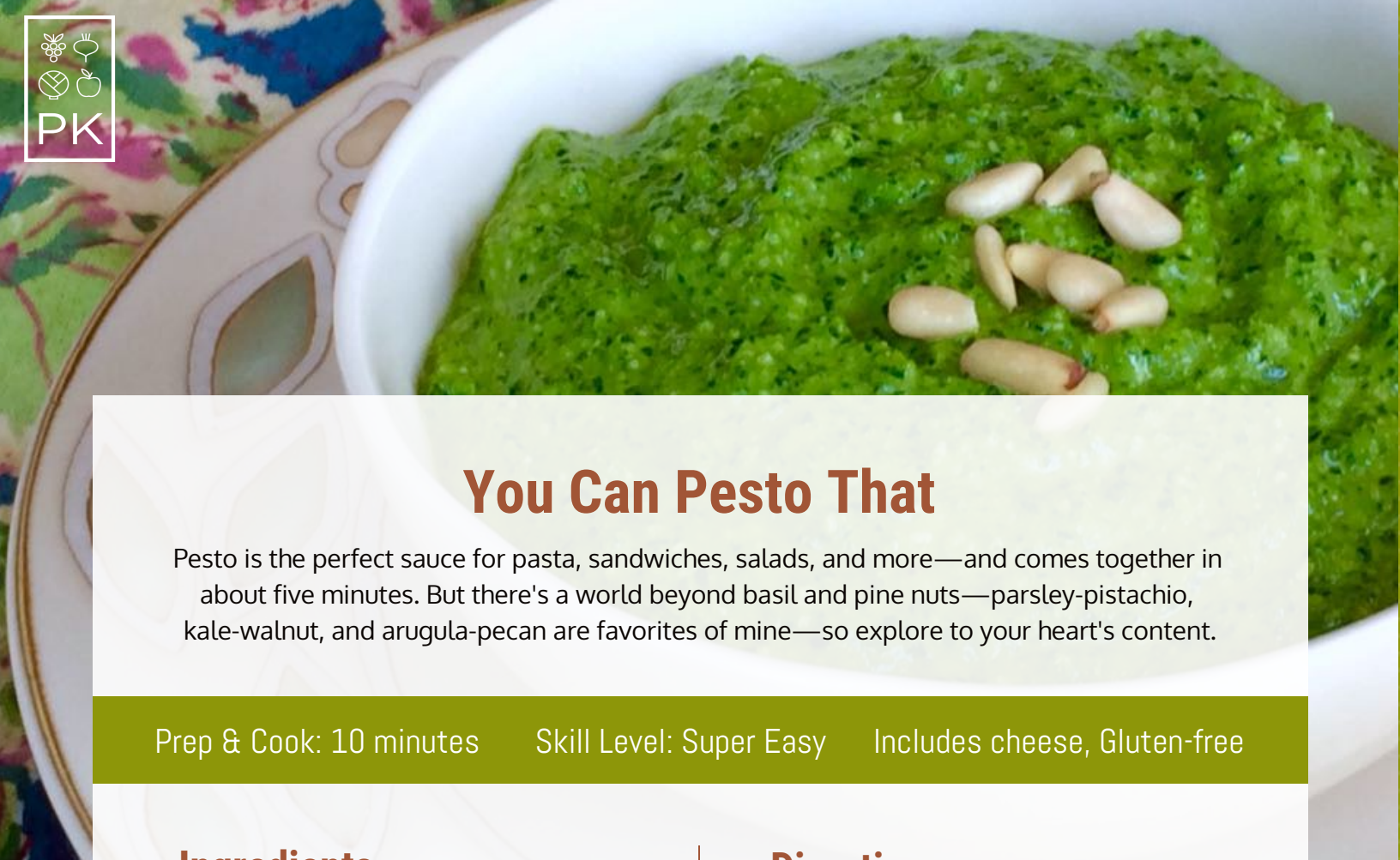
- Brown rice, cooked
- Wild rice, cooked
- Black lentils, cooked
- Navy beans, cooked
- 1/2 cup sliced scallions
- 1 cup chopped parsley
- 1-2 navel oranges, segmented
- 2 tablespoons freshly squeezed orange juice
- 1 tablespoon white balsamic vinegar
- 1 tablespoon minced shallots
- 2 cloves garlic
- 1 teaspoon Dijon mustard
- 3 tablespoons olive oil
- 1 teaspoon maple syrup
- Salt and pepper
- 1 cup walnuts, toasted

Directions

Salad. Toss whatever amounts and proportion of cooked grains and beans together in a large bowl. I make large batches of things, so I use~ 3 cups of brown rice, 1 cup wild rice, 1 cup lentils, and 1 can navy beans. (Once I happened to have leftover black-eyed peas so threw them in there, too) Mix in scallions, parsley, and oranges (gently) and season with salt and pepper.

Dressing. Squeeze the juice from a half an orange or so into a bowl and whisk in vinegar, shallots, garlic, and mustard. Whisk in olive oil until thickened. Taste; the orange juice may have provided adequate sweetness. If not, add maple syrup, rewhisk, and retaste. Adjust acidity and mustard as needed; whatever tastes good to you is what works!

Scatter salad with toasted walnuts.



You Can Pesto That

Pesto is the perfect sauce for pasta, sandwiches, salads, and more—and comes together in about five minutes. But there's a world beyond basil and pine nuts—parsley-pistachio, kale-walnut, and arugula-pecan are favorites of mine—so explore to your heart's content.

Prep & Cook: 10 minutes Skill Level: Super Easy Includes cheese, Gluten-free

Ingredients

- 4-5 cups basil or other herb(s)
- 1/4 - 1/2 cup olive oil, or more
- 1/4 cup parmigiana cheese (or romano)
- 1/3 cup pine nuts (or walnuts, pecans, pistachios...)
- 4 garlic cloves
- 1-2 tablespoons water
- Salt and pepper, to taste
- Lemon zest (optional)

Directions

Throw everything into a food processor and go at it.

You'll probably need more olive oil, and water is nice to thin it out a bit (without dumping in more calories).

I love me a lemony pesto, but you do you.

Cook's Note. I've got a video of me using kitchen power tools to pesto and it's hot. [Check it out.](#)

* It's really not. Unless you're into that kind of thing.



Ultimate Mexican Street Corn

Simply steamed corn-on-the-cob is a true summer pleasure. But when it's grilled to perfection and slathered with garlic aioli and cotija cheese it's mind-blowing. I discovered this indulgent treat in my local tapas joint and make it at home on special occasions.

Prep & Cook: ~30 minutes Skill Level: Easy Includes mayo and cheese

Ingredients

- 3 ears fresh corn
- 1/3 cup mayonnaise
- 1 teaspoon olive oil
- 3 cloves garlic, crushed,
- Splash white wine vinegar
- Squeeze sriracha (optional)
- Kosher or sea salt
- Freshly ground black pepper
- 1/2 cup cotija cheese
- 1 lime, cut into wedges

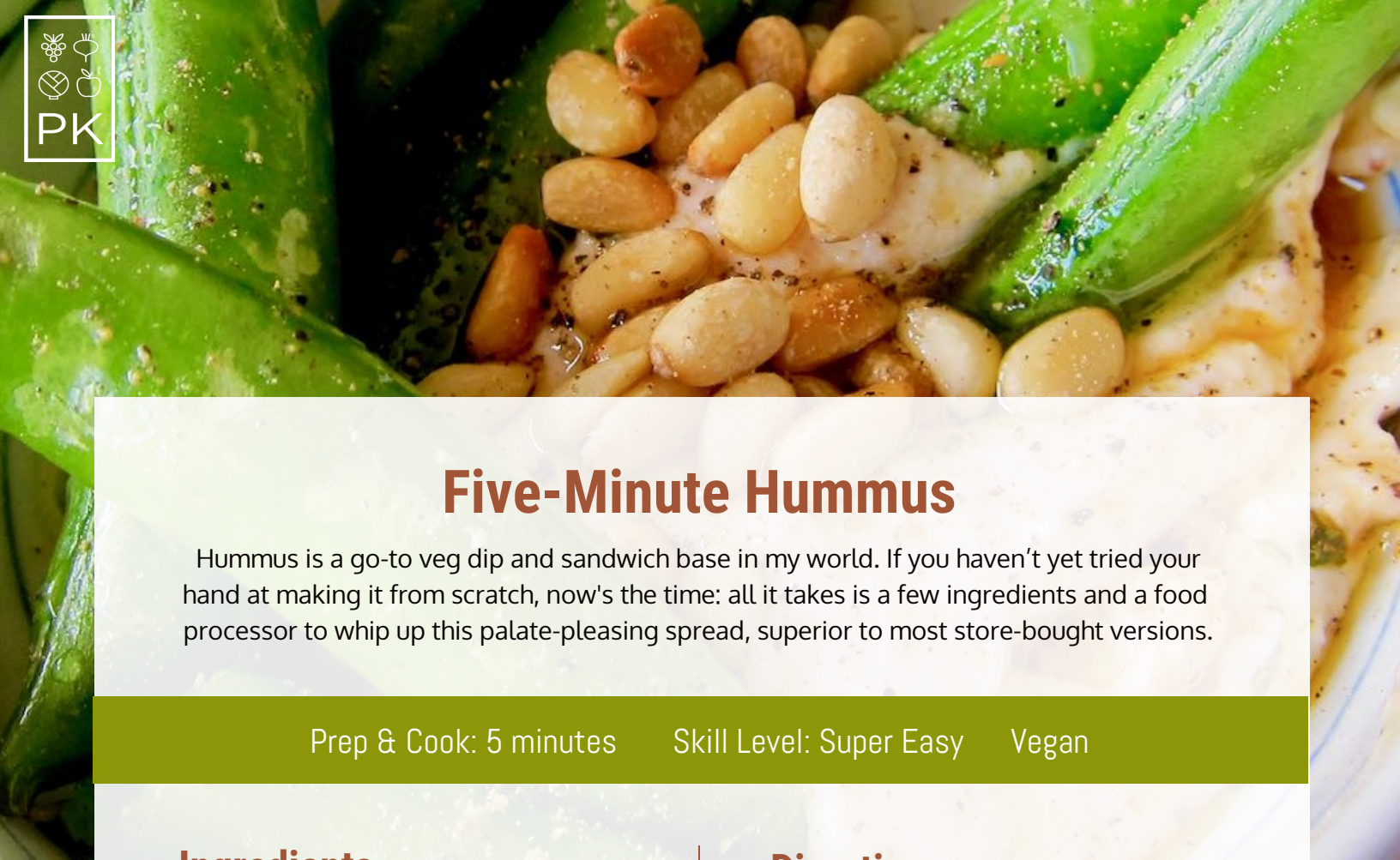
Directions

Grill corn directly on the barbecue, if you're able. Or, my in-condo fashion includes boiling it for 7 minutes than pan frying for a few minutes to obtain a similar sear, if not smokiness.

Meanwhile, mix mayo, olive oil, garlic, pepper, and vinegar together and let sit for ten minutes or more allow flavors to marry. Taste and reseason accordingly. What you're looking for is a creamy, garlicky spread that you're considering eating out of the bowl with a spoon. For a spicy version (that will be pink), add sriracha; that's my usual m.o.

Gob onto hot corn, season liberally with freshly ground black pepper, and scatter with cotija. Squeeze lime atop.

Devour. You will get it all over your face. Lean in.



Five-Minute Hummus

Hummus is a go-to veg dip and sandwich base in my world. If you haven't yet tried your hand at making it from scratch, now's the time: all it takes is a few ingredients and a food processor to whip up this palate-pleasing spread, superior to most store-bought versions.

Prep & Cook: 5 minutes

Skill Level: Super Easy

Vegan

Ingredients

- 4 cups cooked garbanzo beans (chick peas), made from dried or no-salt canned
- 3-5 cloves garlic
- 2 tablespoons tahini (sesame paste)
- Juice from 1 lemon, or to taste
- 1/3 cup water (or so)
- Olive oil, to taste (a few tablespoons)
- Salt and freshly ground pepper, to taste
- Pine nuts, toasted (optional)

Cook's Challenge. Canned beans are a pantry staple, but using dried beans is less expensive, creates less waste---and they're generally tastier. [Here's the how-to.](#)

Directions

Throw everything into a food processor, taste, and adjust seasonings as desired. It's your hummus, after all.

Garnish with toasted pine nuts and a drizzle of olive oil when serving.

Favorite variations on this classic are adding roasted red peppers or artichokes to the mix and then slathering on bread for sandwiches; many variation and examples [are on the blog.](#)

Cook's Note. Here's a [quickie video](#), if you like.



Open-Faced Tomato Sandwich

I am obsessed with summer tomatoes. Come August, I munch on tomato sandwiches all the time, breakfast, lunch, snack, or supper. All you need is a luscious fresh tomato, bread, mayo, and salt and pepper. Or fancy it up with greens, onions, and capers, as pictured.

Prep & Cook: 5 minutes

Skill Level: Super Easy

Includes mayo

Ingredients

- Tomato
- Whole grain bread
- Mayonnaise (try vegan!)
- Salt and pepper, to taste
- Sliced onions (optional)
- Capers (optional)
- Spinach or arugula (optional)
- Olive oil (optional)
- Balsamic Vinegar (optional)

Directions

Slice tomato in thick slabs.

Slather bread with mayo; a great bread works well, or any bread. I usually do toast myself.

Season with salt and freshly ground pepper.

Savor.

Unless you want to add other stuff and then drizzle with olive oil and vinegar. Then do that first.

Cook's Note. Sure, use a second slice of bread/toast if you like. But this way the tomato's the star, and that's the way I like it. (Fewer calories, too.) Whatever.



Mango Corn Salsa

Who doesn't love a good salsa? Not this girl. Here I go with fresh corn kernels and mango for a non-tomato version that works well with all kinds of things, not just chips. Also, chips.

Prep & Cook: ~30 minutes

Skill Level: Easy

Vegan, Gluten-free

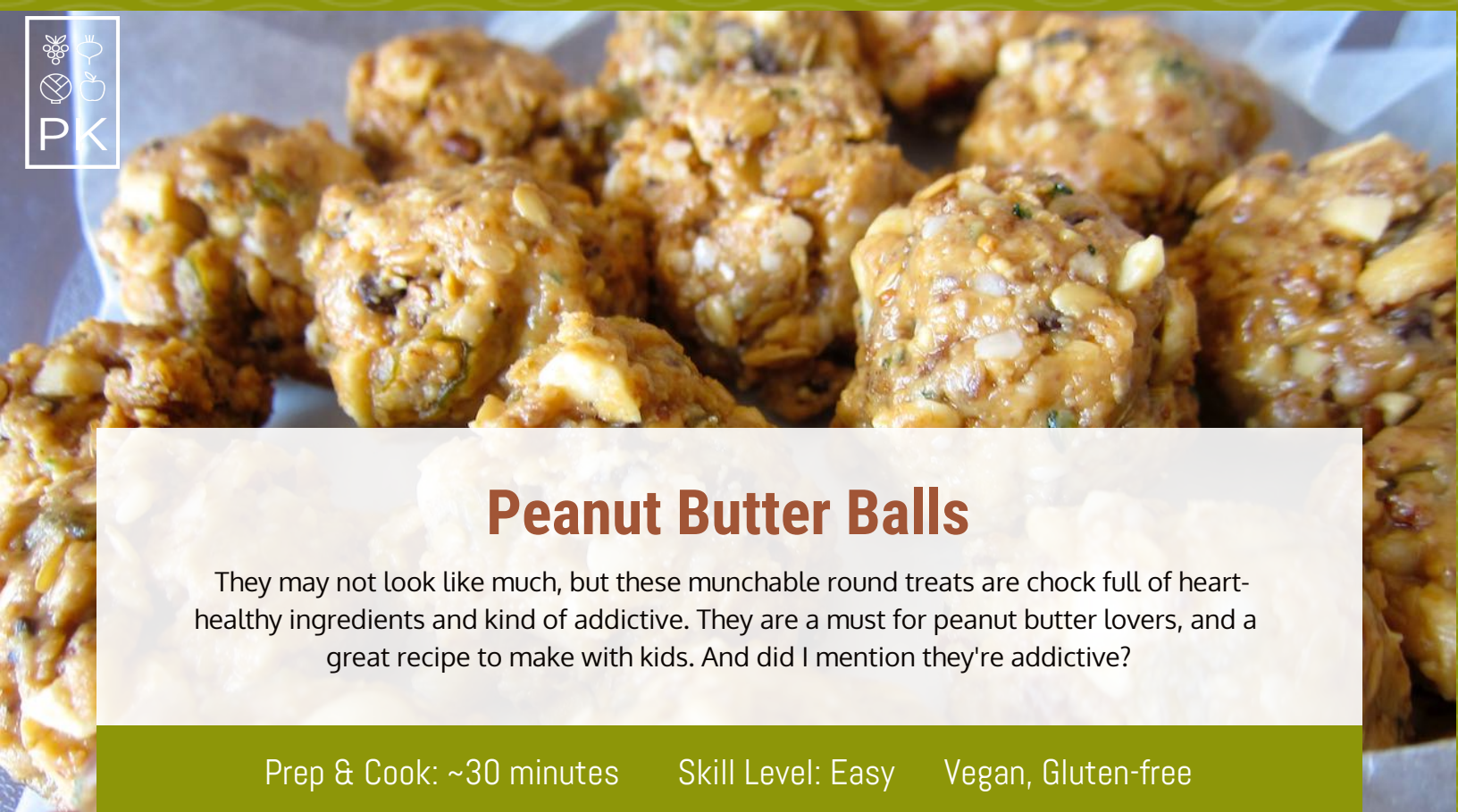
Ingredients

- 3 cups cooked corn, preferably fresh-cut off of steamed or grilled corn
- 1 mango, chopped
- 1/2-1 red pepper, diced
- 1/2 yellow onion, chopped
- Juice from 1-2 limes, freshly squeezed
- 2 cloves garlic, crushed
- 1/2-1 teaspoon white balsamic vinegar
- Olive or other vegetable oil, drizzle (optional)
- 1/2 jalapeño, finely minced (optional)
- Pinch of salt and ground black pepper
- 1-2 tablespoons cilantro, chopped (optional)

Directions

All you need do is mix everything together and adjust the seasonings and proportions as desired. This is not an exact thing!

The flavors come together after the salsa has sit, so ideally you'd wait 10-15 minutes or so, then taste again and readjust as needed. I often find myself adding more lime juice or vinegar and a just a touch more olive oil.



Peanut Butter Balls

They may not look like much, but these munchable round treats are chock full of heart-healthy ingredients and kind of addictive. They are a must for peanut butter lovers, and a great recipe to make with kids. And did I mention they're addictive?

Prep & Cook: ~30 minutes Skill Level: Easy Vegan, Gluten-free

Ingredients

- 2 cups natural peanut butter, unsalted
- 1/3 cup whole rolled oats, raw or toasted
- 1/3 cup golden raisins
- 1/3 cup chopped peanuts
- 1/4 cup hemp seeds/hearts
- 2 tablespoons flax seeds
- 2 tablespoons chia seeds
- 1 tablespoons honey (or agave for vegan version) (optional)
- 1-2 tablespoons dark chocolate, chopped (optional)
- Wheat germ, for rolling (optional, omit for GF)
- Several pinches of flaky sea salt (optional)

Directions

Mix all ingredients together, adding more or less of what you like to taste. Chocolate and honey/agave add sugar and calories; they are indulgent but not necessary. I don't usually include these but I'm leaving them here for obvious reasons...

Shape mixture into small balls, roll in wheat germ if you like---I dig it---and sprinkle with a touch of flaky sea salt.

Place on waxed paper in a container and store in the refrigerator. (Can be consumed cold but best at room temperature.)

Cook's Note. By all means, go with another nut butter of your choosing if you have a peanut allergy (or whatever). And go for chunky peanut butter if that's what you're into, then omit the extra chopped peanuts.



Rhubarb Upside-Down Cake

The classic upside-down cake gets an elegant makeover, its moist, golden cake scented with orange and cardamom and "topped" with sweetly caramelized rhubarb. A lovely spring dessert, or special-occasion-only, you-didn't hear-it-from-me breakfast.

Prep & Cook: 1 hour

Skill Level: Medium

Includes eggs and dairy

Ingredients

- 1 cup brown sugar, packed
- 6 tablespoons unsalted butter
- 1 tablespoon bourbon
- 2 1/2 cups chopped rhubarb (about 5 large stalks)
- 1 1/2 cups flour (white or white whole wheat for a heartier cake)
- 2 teaspoons baking powder
- 1 1/2 teaspoons ground cardamom
- 1/4 teaspoon salt
- 1 cup sugar
- 2 large eggs
- 3/4 teaspoon vanilla extract
- 1 tablespoon freshly squeezed orange juice
- 2 teaspoons orange zest
- 1/2 cup whole milk
- Whipped cream (optional, with about 1-2 teaspoons Grand Marnier if desired)

Directions

Preheat oven to 350°F. Melt butter, brown sugar, and bourbon over low heat and whisk. Pour sauce into a 10" cake pan (ungreased) and place rhubarb atop.

Whisk flour, baking powder, cardamom, and salt in small bowl. In a large bowl, beat 6 tablespoons butter for about 30 seconds using an electric mixer, then beat in sugar until light. Beat in eggs until mixture is fluffy, then add vanilla extract, orange juice, and zest. Measure out milk, then add dry ingredients alternately with milk, mixing just until blended.

Spread the batter over the rhubarb until completely covered. Bake until golden and a tester is clean, about 40 minutes.

Cool 30 minutes, then run a knife around the edge of the pan and turn cake onto a serving platter. Let rest 5 minutes, then tap the pan a few times with the handle of a knife before removing the pan. Voilà!

Blueberry Ginger Scones

I fold blueberries and candied ginger into this sumptuous pastry for a breakfast indulgence. The winning combination of sweet blueberries and spicy ginger comes together in one of the tastiest scones I've ever eaten. The whole wheat flour adds nice texture, too.

Prep & Cook: ~ 45 minutes Skill Level: Easy Includes butter and cream

Ingredients

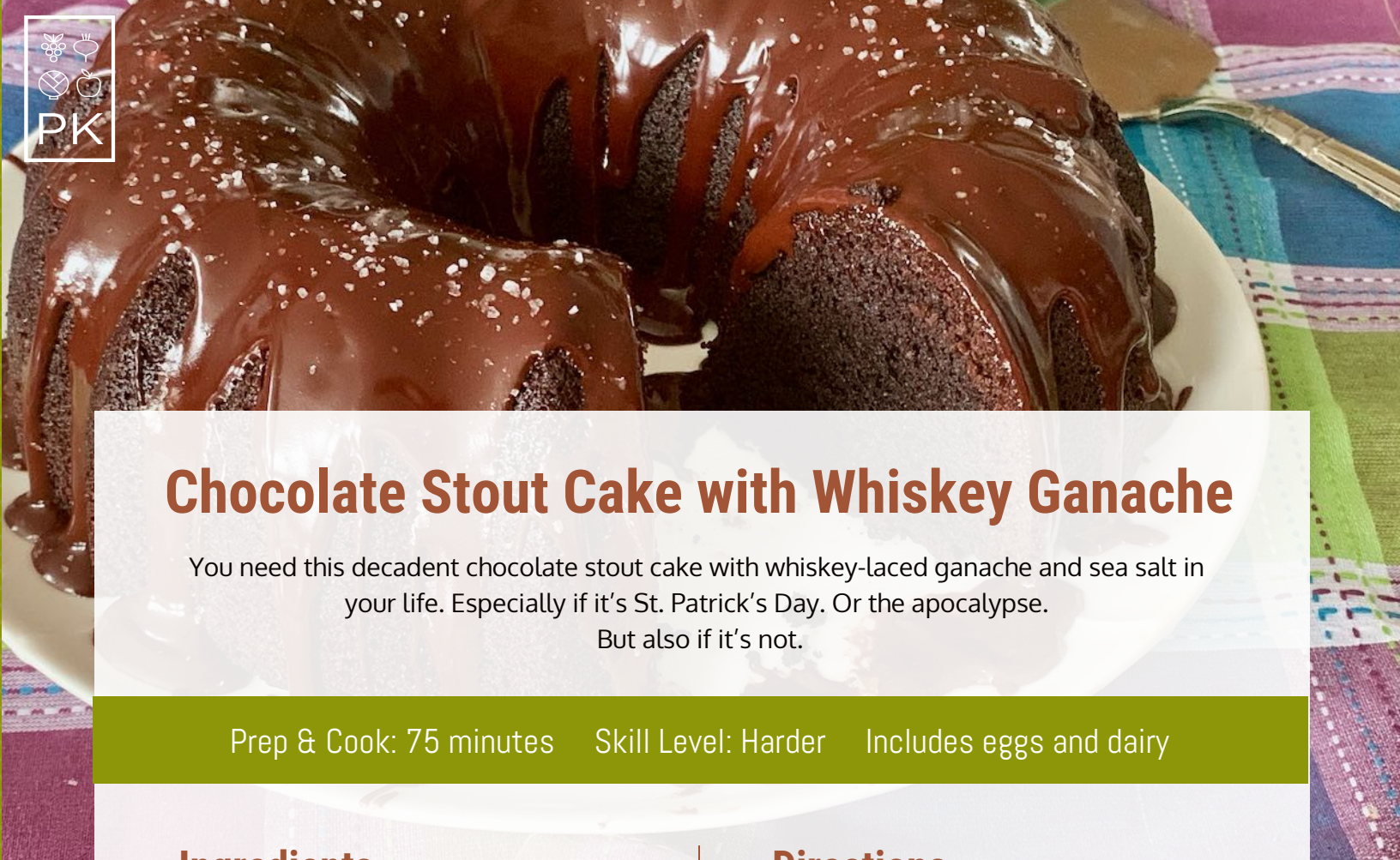
- 1 cup white whole wheat flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 tablespoon sugar
- 2 tablespoons unsalted butter, cold, diced
- 1/2 cup fresh blueberries
- 2 tablespoons soft candied ginger, chopped
- 1/2 cup + 1 teaspoon heavy cream, separated
- 1 teaspoon Demerara or other sugar, for dusting.

Cook's Challenge. I'm working on a vegan recipe for this (and some of the other goodies in this book); can you help?

Directions

Preheat oven to 400° F. Whisk together dry ingredients. Add diced butter and combine using a fork or pastry knife until the butter is the size of small peas. Fold in blueberries and ginger to coat with the flour mixture. Add cream and stir with a fork just until flour is fully incorporated. The dough will be sticky.

Lightly flour your hands and gather dough together into a ball, then shape it into a disc about 1 inch tall and 6 inches wide on a floured surface. Use a pastry brush to lightly glaze the dough with the remaining 1 teaspoon of cream and sprinkle lightly with sugar, if desired. Use a sharp knife to cut the dough into 6 wedges. Place on an ungreased cookie sheet an inch apart and bake 15-20 minutes, until risen and lightly browned. Let cool approximately 10 minutes before eating.



Chocolate Stout Cake with Whiskey Ganache

You need this decadent chocolate stout cake with whiskey-laced ganache and sea salt in your life. Especially if it's St. Patrick's Day. Or the apocalypse. But also if it's not.

Prep & Cook: 75 minutes Skill Level: Harder Includes eggs and dairy

Ingredients

- 1 cup stout (chocolate or coffee stout works best)
- 1 cup unsalted butter
- 2 large eggs
- 2/3 cup sour cream
- 3/4 cup unsweetened cocoa powder, preferably high-quality dark
- 2 cups white whole wheat flour
- 2 cups sugar
- 1 1/2 teaspoons baking soda
- 3/4 teaspoon salt
- 1 1/2 cups dark or semi-sweet chocolate chips (whatever you fancy), split
- 6 tablespoons heavy cream
- ~1 tablespoon Irish whiskey
- 1 teaspoon instant espresso powder (or instant coffee granules)
- Fleur de sel or flaky sea salt (optional)
- Whipped cream (optional)

Directions

Preheat oven to 350° F. Coat a bundt pan with nonstick spray then cocoa powder. Simmer stout and butter in a saucepan over medium heat until butter is melted. Whisk in cocoa powder until smooth and cool a bit.

Stir flour, sugar, baking soda, salt, and 3/4 cup chocolate chips in a small bowl. Beat eggs and sour cream in a large bowl, then add cocoa mixture until combined. Fold dry ingredients into batter until combined; don't overmix.

Pour batter into pan and bake ~35 minutes, or until a tester comes out clean. Cool cake completely on a rack then turn over and tap the pan with a butter knife handle to dislodge the cake.

Melt remaining chocolate chips, cream, espresso powder, and whiskey in a small bowl placed over simmering water until smooth, stirring occasionally. Drizzle cooled cake in a pleasing fashion. Once ganache has set, sprinkle with salt.



Strawberry Rhubarb Pie

I grew up picking rhubarb from our garden, and my mother taught me how to make a pie crust when I was around seven. Strawberry-rhubarb pie is a family favorite—and I don't even think about making it until local strawberries and rhubarb abound. That's the key!

Prep & Cook: 90 minutes

Skill Level: Harder

Includes butter and flour

Ingredients

Crust

- 2 1/2 cups unbleached white flour (or combination white and white whole wheat)
- 6 teaspoons white sugar
- 1 teaspoon salt
- 1 cup (16 tablespoons/2 sticks) cold unsalted butter, diced
- 1/4 cup shortening (non-hydrogenated)
- 2 tablespoons to 1/4 cup water

Filling

- 1/2 cup white sugar
- 1/2 cup brown sugar
- 1/4 cup cornstarch
- 1/4 teaspoon salt
- 1 teaspoon orange zest
- 4 cups rhubarb, about 1/2 inch pieces
- 4 cups strawberries, hulled and halved (or quartered if large)
- 2 tablespoons butter, to dot

Directions

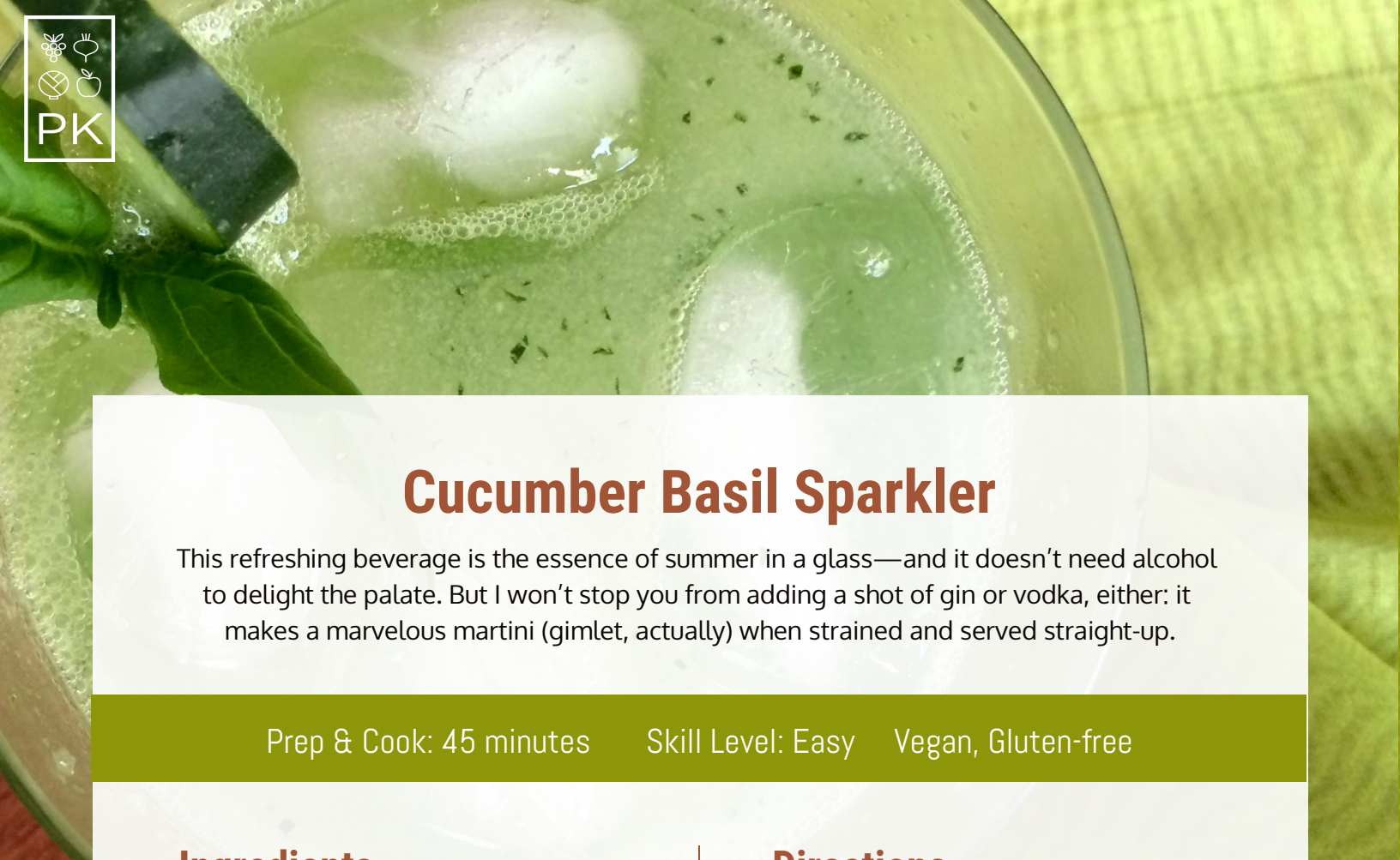
Preheat the oven to 425°F and grab a 9" pie plate. Make the crust using your favorite method, or [click here for the #pkway](#).

Whisk sugars, cornstarch, and salt in a large bowl; add chopped fruit, zest, and toss until combined.

Roll out bottom crust and pour in filling; you may have some leftover. Dot with butter. Top with a full crust, lattice, whatever; vent with 3" knife slits if using full crust. Fold and crimp edges.

Place pie in lower third of the oven, with a baking sheet on the rack below to catch drips. Bake 30 minutes at 425°F then lower the heat to 350°F for 25-30 minutes, until juices are thick and bubbling through the top. Tent crust with foil halfway through if over-browning.

Cool completely so filling sets properly.



Cucumber Basil Sparkler

This refreshing beverage is the essence of summer in a glass—and it doesn't need alcohol to delight the palate. But I won't stop you from adding a shot of gin or vodka, either: it makes a marvelous martini (gimlet, actually) when strained and served straight-up.

Prep & Cook: 45 minutes

Skill Level: Easy

Vegan, Gluten-free

Ingredients

- 3-4 small Persian cucumbers, with skin (aka, "diva" cucumbers at the farm market)
- 1-2 limes, squeezed
- 1 cup sugar
- 1 cup water
- 1 bunch fresh basil
- Sparkling water
- Additional lime wedges

Cook's Note. For cocktail, swap 2 ounces gin (or vodka) for sparkling water, shake, and strain into a martini glass. And for refreshing everyday drinking, a summer go-to, omit the simple syrup: cucumber-lime sparkling water is lovely all on its own.

Directions

Cucumber-lime purée. Roughly chop cukes and squeeze the juice from one lime into a bowl; use more lime if you prefer a tarter drink. Use a hand blender to create a smooth mixture; it will be pulpy (in a good way!).

Basil simple syrup. Bring water, sugar, and basil to a boil and simmer 5 minutes. Remove from heat and steep 30 minutes. Strain and push on the leaves to exude all liquids. Store in refrigerator until ready for use.

Combine 2 ounces of purée and 1 teaspoon simple syrup with seltzer in a tall glass with ice. Taste and adjust. You'll have enough syrup for several glasses; it'll keep in the fridge for weeks. Squeeze in additional lime if desired.



Watermelon Margarita

Ditch the fluorescent green margarita mix. Using a fresh purée and citrus alongside a homemade simple is why this is so outrageously good. For the apocalypse, Cinco de Mayo, or when you just want to have a little party all on your own.

Prep & Cook: 5 minutes

Skill Level: Super easy

Vegan, Gluten-free

Ingredients

- 1-2 cups fresh or frozen watermelon, cubed
- 1 ounce tequila
- 1 ounce Citronge
- 1/2 ounce simple syrup
- Juice from 1-2 limes
- juice from 1-2 lemons

Cook's Note. A simple syrup is made with equal parts water and sugar brought to a boil and cooled (say, here, 1/2 cup sugar and 1/2 water for a couple of drinks, with leftover). To make a "sour mix," you'd add the lemon and lime juice to the water-sugar concoction. Creating a citrus simple or adding the freshly-squeezed juices directly work equally well, I've found.

Directions

Purée the watermelon with a hand blender.

Fill a martini shaker with ice and add tequila, citronge and simple syrup, then squeeze in fresh lemon and lime juices. Shake. Taste. Adjust as needed.

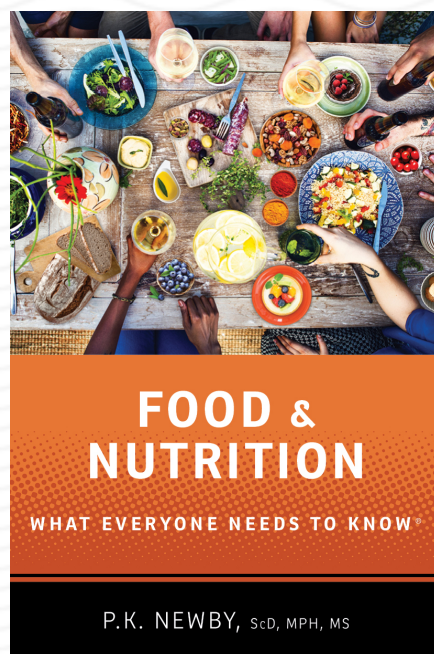
Rim a glass with salt if that's your thing then pour into a glass along with ice. Or, strain straight up for a watermelon margarini.

Cook's Note. Want to watch me shake this baby up? Click [here](#).

My Latest Book

Are you sometimes confused about what to eat for your health, or our environment? Do you feel like nutritionists are always changing their minds? Do you want science-based information but don't know who or what to believe? I got you.

If you answered "yes" to any of these three questions, you're not alone. And it's why I wrote *Food & Nutrition: What Everyone Needs to Know*. Say goodbye to fake nutrition news: In 134 Q & A, *Food & Nutrition* debunks food myths and junk-science that lie at the heart of nutrition confusion. You'll hear what science says about popular diets—keto to clean eating, GMOs to grass-fed beef, and beyond—and learn the truth about why what we eat matters, from farm to fork. And the best part? When it comes to a health-giving, disease-preventing diet, planet-saving diet, one size doesn't fit all. Nutrition confusion ends here.



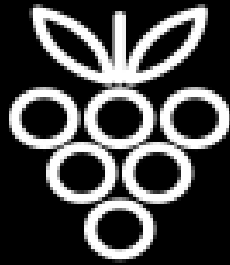
Support your local bookstore or buy the book from [Indiebound](#) or [Amazon](#) or [OUP](#).

About Me

P.K. Newby, ScD, MPH, MS, aka, "The Nutrition Doctor", is a scientist, author, and food personality whose work focuses on all things food, farm to fork. In 2012, she started her own company to bring science to today's critical food and nutrition conversations and challenges—and fight junk-science in all the ways she can. She is an inspiring thought leader who speaks locally, nationally, and internationally, and her newest book is *Food and Nutrition: What Everyone Needs to Know* (Oxford University Press, 2018). Other works include *Superfoods* (National Geographic, 2016); two e-books on employee health and wellness (Virgin Pulse, 2015); and *Foods for Health: Choose and Use the Very Best Foods for Your Family and Our Planet* (National Geographic, 2014). Dr. Newby communicates with the public through her blog *Cooking & Eating the PK Way*, articles, and e-books such as *Creating a Healthy Diet: Change is Possible*. She consults regularly and serves as a science advisor to or on the boards of several companies. Her passion for nutrition stems from a life-long love affair with food, from cooking, baking, and gardening as a kid to working in the restaurant industry. She was one of the "best undiscovered cooks" on ABC's *The Taste* (2014-15), where she created globally-inspired, plant-based cuisine showcasing her unique Healthy Hedonism™ philosophy—and was the last woman standing with domestic goddess Nigella Lawson. She holds a doctorate from Harvard and two master's degrees from Columbia. A recovering academic, she left her Associate Professor position after serving on the faculties at Tufts, Boston University, and Harvard, where she was an award-winning educator. pknewby.com

P.K. is a total science geek who was born in Montréal, Canada and grew up in Port Washington, New York. She is a wanderlust whose hobbies include traveling, yoga, marathon-ing, reading, music, cooking and entertaining, and theater. She lives in Boston with her husband and feisty black lab, K'Ehleyr.





PK