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## **Chef Randy Rabney Makes Cooking Quick, Healthy and Tasty Meals Easy in New Book, “Delicious for Life” and Tells you How to Make Several Meals from a Few Ingredients**

New York, NY, July 27, 2011 --“Making delicious food does not need to be complicated. By starting with the proper set up, a few ingredients, adding flavors you enjoy and using simple techniques, you can make several , quick and healthy meals even on your busiest days,” says Chef Randy Rabney, owner of TheConsciousPlate.com. This belief is the blueprint of The Natural Gourmet Institute for Food and Health trained Chef’s new book “Delicious for Life: Your Everyday Guide to Making Quick & Healthy Meals” (ISBN: 978-1-4507-6783-5, price \$12 for the paperback \$9 for e-versions). The non-traditional cookbook helps people improve their eating by managing their meal planning, preparation and palate satisfaction. This informative new book provides a concise system that people can use to organize themselves and cook daily. Rather than providing only specific recipes, like most traditional cookbooks do, Rabney focuses on creating systems for eating. “My goal is to begin changing the way people think about food and revolutionize their approach to cooking,” says Rabney. The Conscious Plate founder shares tips to help people understand ingredients, avoid recipe boredom by creating multiple meals with a few ingredients, find inspiration for recipes and more.

To empower everyone to create meals that they will enjoy, the conscious food expert shares these tips and an easy-to-follow recipe:

- Make the most of the flavor combinations you love by using them in multiple dishes. For example, if you love tomato and basil, you can make whole wheat spaghetti with zucchini, fresh tomato and basil, a mozzarella tomato and basil salad, or zucchini, onion, tomato and basil frittata with parmigano reggiano.
- Tired of having your fresh vegetables go to waste? Make a creative pasta sauce by sautéing vegetables and garlic and combining them with a small amount of high-quality marinara sauce. Or for an Asian inspired noodle dish, instead of marinara, use a small amount of organic soy sauce and dark sesame oil and toss in soba or rice noodles.
- Need to go grocery shopping and vegetables are limited? Make a simple salad with one vegetable. To see Randy make an arugula salad, visit <http://bit.ly/RandyRabneyArugulaSalad>
- If your sweet tooth kicks in, eat cherry tomatoes or beets that are naturally sweet. Or, you can roast the vegetables at 450 degrees F. so that they become caramelized and the sugar is released, thus making them taste sweeter.

- For a healthy dessert, prepare Rabney's Banana Ice "Cream" recipe. The result is like soft serve ice cream without the added sugar.

Ingredients: 3 very ripe frozen bananas, 1 fresh banana, 1 teaspoon vanilla extract (optional), 1 tablespoon of milk of your choice (nut, cow's milk, etc).

Step 1: Take the very ripe bananas, peel them, and break them into chunks and freeze.

Step 2: Peel and break the fresh banana into chunks.

Step 3: Reserve 2/3s of the frozen bananas and place the remaining ingredients in a food processor.

Step 4: Process the mixture until smooth and creamy.

Step 5: Gradually add the remaining frozen banana pieces and process the mixture until fully smooth and creamy.

Variation: Add a tablespoon of nut butter which adds great flavor and protein.

"Delicious for Life: Your Everyday Guide to Making Quick & Healthy Meals" includes more healthy cooking tips and recipes to shift your mindset from take out to take home, create a high quality kitchen tool box, choose and stock flavorful ingredients in your kitchen, design a series of custom signature dishes, quick recipes and more. "I'm so glad that Randy Rabney has written this book to further home cooking in America. Taking many of the beliefs that I practice daily as a chef, she has written a concise and approachable text. I love that this book brings it back to basics and says, stop and think for a second with just a few important tools and some confidence it can be so easy for you to prepare a healthy and simple meal for the people you love. It really is as easy as she explains in this book. Healthy living starts at home. It is so important," says Chef/Owner of Arturo's Osteria and James Beard Award Semi-Finalist Dan Richer.

"Delicious for Life" provides a detailed outline for designing a functional pantry with contents that make it possible to always have a great meal at your fingertips, gives the authority to discover and mix and match flavors and create everyday meals that suit your lifestyle, budget, and specific taste. While offering ideas for quick meals, the health conscious chef also adheres to many of the principles of the Slow Food Movement like understanding how the food she uses is produced, buying foods that support sustainable agriculture, shopping at local farmers' markets and encouraging others to do the same. "Randy Rabney takes the mystery and fear out of cooking and eating. She motivates and inspires you to nourish your body and taste buds with mouth-watering recipes and ingredients that form a foundation of good health. I use food as medicine and this is certainly a prescription for better eating and better health. Take the first step on the road to good health and buy this book today," encourages Anti-Aging Physician, Speaker, and Author of "Vibrance for Life: How to Live Younger and Healthier" Lorraine Maita, MD.

In addition to her book, Rabney teaches clients how to make educated decisions about their daily diet and helps them create delicious, nourishing and quick meals through her company, The Conscious Plate. She offers a variety of programs both in-person and virtually. Visit [www.TheConsciousPlate.com](http://www.TheConsciousPlate.com) to ask Rabney about your food related questions and to download her free Conscious Plate Guide that includes three recipes for every lover of food. Once you register to receive the guide, you'll receive recipes and tips for quick, healthy and delicious eating on a regular basis.

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Media contact: Lisa Elia Phone: 310-479-0216 e-mail: [lisa@lisaeliapr.com](mailto:lisa@lisaeliapr.com)