

# Excerpts from What the Bible says about Healthy Living Cookbook

## Contents

Foreword	v
Introduction	xi
Getting Started	xv
<b>Chapter 1</b> Vegetables, Dressings and Sauces	1
<b>Chapter 2</b> Grains and Potatoes	35
<b>Chapter 3</b> Fish, Poultry, Beef and Lamb	59
<b>Chapter 4</b> Meatless Main Dishes	93
<b>Chapter 5</b> Soup, Stew and Chili	115
<b>Chapter 6</b> Breakfast	137
<b>Chapter 7</b> Desserts and Fruit	159
<b>Chapter 8</b> Appetizers and Snacks	183
Appendix A: Leviticus Chapter 11	201
Appendix B: List of Clean and Unclean Animals	204
Index	207
Our Stories: Hope Egan	212
Our Stories: Amy Cataldo	216