

**Food Matters: A Guide To Conscious Eating With More Than 75  
Recipes**

**By Mark Bittman**

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Summary: The "Minimalist" columnist and author of How to Cook Everything outlines an eating plan that is comprised of environmentally responsible choices,

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Food Matters: A Guide to Conscious Eating with More Than 75 Recipes is divided up into two main sections, with "Food Matters" coming first

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Cheaper, healthier, and socially sound, Food Matters represents the Food Matters: A Guide to Conscious Eating with More Than 75 Recipes.

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But the simple truth, as he points out, is that as long as you eat more vegetables and Bread Pudding, the recipes in Food Matters are flavorful and sophisticated.

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Now Bittman has waded even further into the fray by publishing "Food Matters: A Guide to Conscious Eating With More Than 75 Recipes," an