

Recipes for Dogs and You

“The Dog Ate It” includes recipes for dogs and people, too.

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You take the time to shop, prepare, and cook nutritious meals for your family. You'd like to do the same for your dog. But how will you ever fit that into your busy day?

“The Dog Ate It” from Gotham Books can help you make it happen. Authors Linda Eckhardt, Barbara Bradley and Judy Kern have filled their book with recipes that your entire family can eat – even your dog. By avoiding foods that dogs should never eat, such as avocado, chocolate, onions and grapes, and including appropriate protein, grains and vegetables, the authors contend that your dog can share your meal.

Organized like many cookbooks – with chapters on breakfast, hors d'oeuvres, main courses and desserts – “The Dog Ate It” covers the gamut of recipes. And lest you think canines shun the veggies, you'll find salad concoctions, too. What dog could resist Grilled Flank Steak and Portobello Mushrooms Over Cucumber and Radish Salad, or Chopped Salad With Chicken and Couscous?

For breakfast, longtime cookbook writer Eckhardt suggests Pumpkin Craisin Muffins, a Blue Cheese Omelet, or Sausage Cheese Grits.

Healthy treats that may or may not appeal to the human part of your family include Westminster Dog Show Chicken Liver Treats and Tuna Terrific Treats.

For pooch parties, the authors offer complete menus. A birthday party calls for Peanut Butter Buddy Bones, Chicken Brownies, Turkey Polenta Pups, Spaghetti Squares with Mozzarella and Tomato, Pawty Pup Cakes, Bowser's Birthday Pawty Cake and Frosty Paws, while the authors suggest Fleas Navidad Nuthins, Carrot Craisin Salad, Ms. B's Holiday Turkey Loaf and Carob Eclairs for A Happy Canine Christmas party.

If your dog currently eats kibble or canned food, talk to your veterinarian before switching him to a completely homemade diet. If your vet discourages home cooking, consider consulting a holistic vet, who likely will be more amenable to such a feeding plan and can help you ensure that your dog gets all the nutrients he needs.