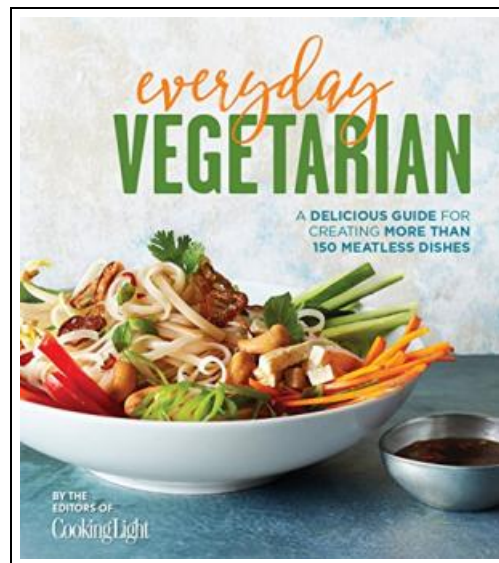


## Everyday Vegetarian: A Delicious Guide for Creating More Than 150 Meatless Dishes (Paperback)



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*A very wonderful book with lucid and perfect answers. It is probably the most incredible book i have study. Its been designed in an exceptionally simple way and is particularly just after i finished reading through this publication by which in fact transformed me, alter the way in my opinion.*

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Oxmoor House, Incorporated, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. Everyday Vegetarian is the ultimate resource for anyone--meat eaters included--who want to make satisfying vegetable-centric dishes using easy-to-find ingredients. This all-new book by the editors of Cooking Light, isn't just for vegetarians. It's for anyone who wants to add more fruits, vegetables, and whole grains to their meals and omit meat--without sacrificing flavor--even if it's just once or twice a week. Beyond the health benefits, you'll find plenty of bold flavors and rich textures in these appealing dishes that include fresh salads (Fried Egg and Crunchy Breadcrumb Breakfast Salad, Roasted Asparagus and Tomato Penne Salad with Goat Cheese), sandwiches (Avocado, Sprout, and Cashew Spread Sandwich; Portobello Sandwiches with Red Pepper Sauce), soups (Smoky Farro and Chickpea Soup), and hearty one-dish meals, risottos, and bowls (Quick White Bean, Asparagus, and Mushroom Cassoulet; Risotto Primavera; Brown Rice Bowl with Miso, Poached Egg, and Kale-Radish Slaw). Inside the book, you'll find: Over 150 flavorful recipes, including a full-color photograph of every dishComplete nutritional information for every recipeVegan recipes are identifiedA guide to building an everyday vegetarian kitchen, including details about versatile, flavor-building ingredients that are ideal to keep on handTechniques that visually explain a cooking method or procedureTips that provide insight on ingredients and advice on using themA seasonal produce guide, metric equivalents, and much moreFind your place at the vegetarian table with this collection of crave-worthy meals and discover an immensely satisfying way to eat with Everyday Vegetarian.



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