

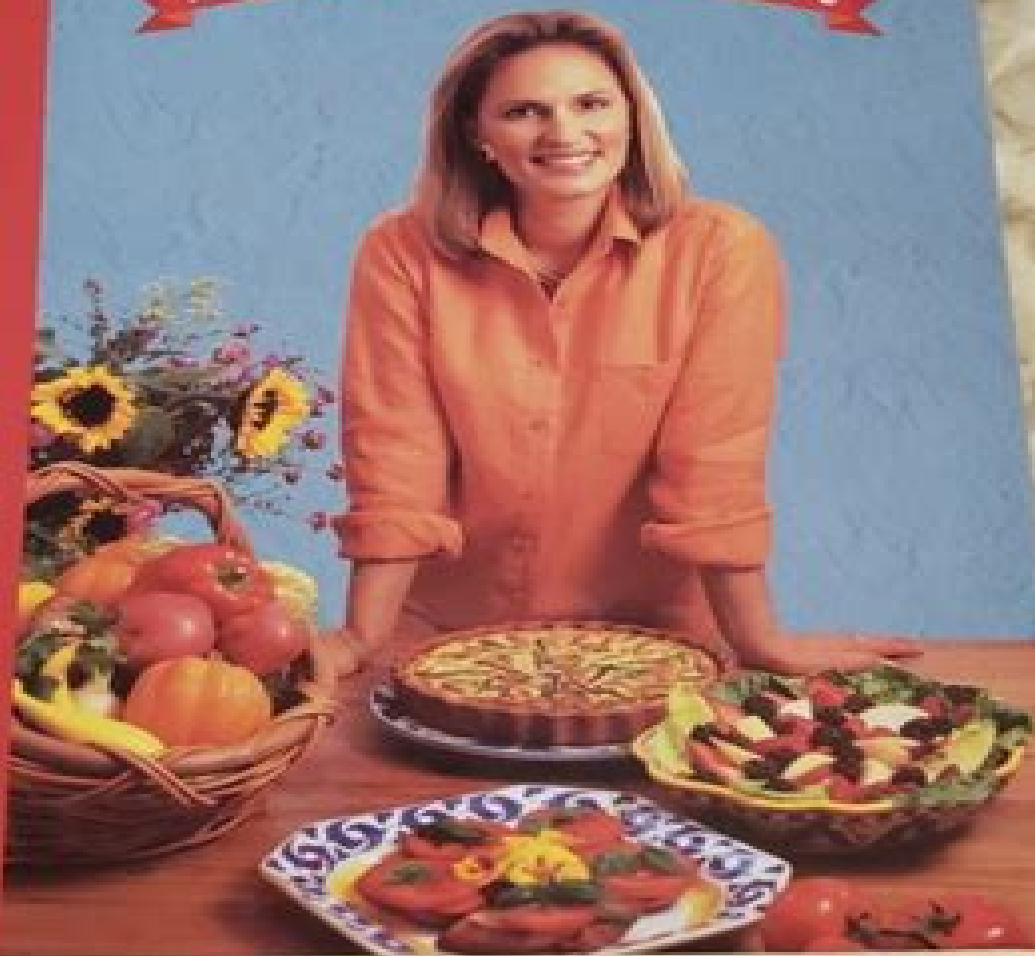


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Reginas Vegetarian Table

William Shurtleff; Akiko Aoyagi



Reginas Vegetarian Table:

Regina's Vegetarian Table Regina Campbell, 1998 Regina Campbell's philosophy of dining is simple Enjoy For over eight years she has been developing her recipes with one goal in mind to make vegetarian cooking a pleasurable and practical reality for everyone to enjoy So she set out to create recipes that explode the myth that vegetarian cooking is a time consuming hassle By combining fresh ingredients with perfectly acceptable frozen and other convenient substitutes she has perfected a real world vegetarian cuisine that anyone can follow But here is the real surprise These recipes are incredibly delicious Regina is a wizard in the kitchen and her recipes while short on hassle are long on flavor Discover her magic touch on such dishes as Chilled Lemon Rice Soup Portabello Parasols Cajun Cauliflower and Potatoes and Thai Garlic Dip In addition to great recipes Regina has filled her book with nutritional tables culinary facts and fascinating historical anecdotes About the Author Regina Campbell is a cook columnist television producer writer and on air personality who lives in Sacramento with her son Stuart and her bichon freise Genie Regina became a vegetarian in 1985 and began her culinary media career in 1992 writing Vegetarian in the Kitchen a weekly column for the Sacramento Bee Her highly acclaimed cooking demonstrations on public television led to her own PBS television series Regina's Vegetarian Table The series is based on recipes from this book She is currently writing a second volume Regina's Vegetarian Table II Great Vegetarian Cuisine of the World *Regina's Vegetarian Table* ,1998 Web version of Regina's vegetarian table a program telecast on PBS It includes vegetarian recipes from the 13 shows of each season **Regina's International Vegetarian Favorites** Regina Campbell, 2003 This is a new collection of international vegetarian recipes by the host of the public television show Regina's Vegetarian Table **Vegetarian Times** ,2000-01 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh stylish mainstream package that's inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both Vegetarian Times ,1999-05 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh stylish mainstream package that's inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both *Vegetarian Times* ,2000-01 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh stylish mainstream package that's inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both **Vegetarian Times** ,1999-05 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh stylish mainstream package

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