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**HIGH PROTEIN
MEATLESS COOKING**

Recipes for a Small Planet

Ellen Buchman Ewald

Introduction by Frances Moore Lappé
author of "Diet for a Small Planet"



Illustrations by Diane Coleman

Recipes For Small Planet

Evelyn Birge Vitz



Recipes For Small Planet:

Diet for a Small Planet (Revised and Updated) Frances Moore Lappé, 2021-09-21 Discover a way of eating that revolutionized the meaning of our food choices and sold more than 3 million copies now in a 50th anniversary edition with a timely introduction plus new and updated plant centered recipes Frances Moore Lapp is one of the few people who can credibly be said to have changed the way we eat and one of an even smaller group to have done it for the better The New York Times In 1971 Diet for a Small Planet broke new ground revealing how our everyday acts are a form of power to create health for ourselves and our planet This extraordinary book first exposed the needless waste built into a meat centered diet Now in a special edition for its 50th anniversary world renowned food expert Frances Moore Lapp goes even deeper showing us how plant centered eating can help restore our damaged ecology address the climate crisis and move us toward real democracy Sharing her personal journey and how this revolutionary book shaped her own life Lapp offers a fascinating philosophy on changing yourself and the world that can start with changing the way we eat This new edition features eighty five updated plant centered recipes including more than a dozen new delights from celebrity chefs including Mark Bittman Padma Lakshmi Alice Waters Jos Andr s Bryant Terry Mollie Katzen and Sean Sherman Hope's Edge Frances Moore Lappe, Anna Lappe, 2003-04-28 Journey to five continents and see the world of sustainability and conscious eating with new eyes featuring 100 pages of plant based recipes to better nurture ourselves and the planet Thirty years ago Frances Moore Lapp started a revolution in the way Americans think about food and hunger Now Frances and her daughter Anna pick up where Diet for a Small Planet left off Together they set out on an around the world journey to explore the greatest challenges we face in the new millennium Traveling to Asia Africa Latin America and Europe they discovered answers to one of the most urgent issues of our time whether we can transcend the rampant consumerism and capitalism to find the paths that each of us can follow to heal our lives as well as the planet Featuring nearly seventy recipes from celebrated vegetarian culinary pioneers including Alice Waters Mollie Katzen Laurel Robertson Nora Pouillon and Anna Thomas Hope s Edge highlights true trailblazers engaged in social environmental and economic transformations **Diet for a Small Planet** Frances Moore Lappé, 2010-12-08 The book that started a revolution in the way Americans eat The extraordinary book that taught America the social and personal significance of a new way of eating is still a complete guide for eating well in the twenty first century Sharing her personal evolution and how this groundbreaking book changed her own life world renowned food expert Frances Moore Lapp offers an all new even more fascinating philosophy on changing yourself and the world by changing the way you eat The Diet for a Small Planet features simple rules for a healthy diet streamlined easy to use format food combinations that make delicious protein rich meals without meat indispensable kitchen hints a comprehensive reference guide for planning and preparing meals and snacks hundreds of wonderful recipes **Recipes for a Small Planet** Ellen Buchman Ewald, 1987-11 Ellen Buchman Ewald was an inspiration for Frances Moore Lappe s successful nutrition regimen outlined in

DIET FOR A SMALL PLANET Now here is Ms Ewald s long awaited cookbook basic and complete containing hundreds of delicious body and planet conscious recipes for better health ecology and above all better eating **Small Planet, Small Plates** Troth Wells,2012-10-01 Moving towards a more vegetable based diet is the only sustainable and healthy way to feed the world The extraordinary abundance of nutritious plant foods gives great opportunities to conjure them into delicious planet friendly meals Some of the best non meat dishes come from Africa Asia Latin America and the Middle East and we have selected a variety of highlights From the tempting coconut milk rich dishes of South India to the warming bean and chili concoctions of South America from the fragrant soups and stir fries of Thailand to the delicate wat stews of Ethiopia this cookbook has intriguing tastes for every palate Over 100 vegetarian recipes from all parts of the globe Recipes presented in mezze style with suggestions of a number of small dishes that combine to make a full meal Easy to follow recipes with suggestions for substitute ingredients Useful facts and helpful hints Tips on sourcing fair trade and local ingredients Full color recipe photographs throughout Recipes for Small Planet Ellen Buchman Ewald,1983-09-12 *Diet for a Small Planet* Frances Moore Lappe,Frances Moore Lappé,1980-09-12 Here again is the extraordinary bestselling book that taught America the social and personal significance of a new way of eating one that remains a complete guide for eating well in the 90s Featuring simple rules for a healthy diet a streamlined easy to use format delicious food combinations of protein rich meals without meat hundreds of wonderful recipes and much more Meals to Come Warren James Belasco,2006 Warren Belasco is a witty wonderfully observant guide to the hopes and fears that every era projects onto its culinary future This enlightening study reads like time travel for foodies Laura Shapiro author of *Something From the Oven* Reinventing Dinner in 1950s America In his insightful look at human imaginings about their food and its future sufficiency Warren Belasco makes use of everything from academic papers films and fiction to journalism advertising and world s fairs to trace a pattern of public concern over two centuries His wide ranging scholarship humbles all would be futurists by reminding us that ours is not the first generation nor is it likely to be the last to argue inconclusively about whether we can best feed the world with more spoons better manners or a larger pie Truly painless education a wonderful read Joan Dye Gussow author *This Organic Life* Warren Belasco serves up an intellectual feast brilliantly dissecting two centuries of expectations regarding the future of food and hunger *Meals to Come* provides an essential guide to thinking clearly about the worrisome question as to whether the world can ever be adequately and equitably fed Joseph J Corn co author of *Yesterday s Tomorrows* Past Visions of the American Future This astute sly warmly human critique of the basic belly issues that have absorbed and defined Americans politically socially and economically for the past 200 years is a knockout Warren Belasco s important book crammed with knowledge is absolutely necessary for an understanding of where we are now Betty Fussell author of *My Kitchen Wars* **A Continual Feast** Evelyn Birge Vitz,1991 Here is a cookbook to celebrate the joys of family and faith throughout the Christian year Wonderful recipes and ideas from the Christian tradition offer suggestions on when and why these dishes might be

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