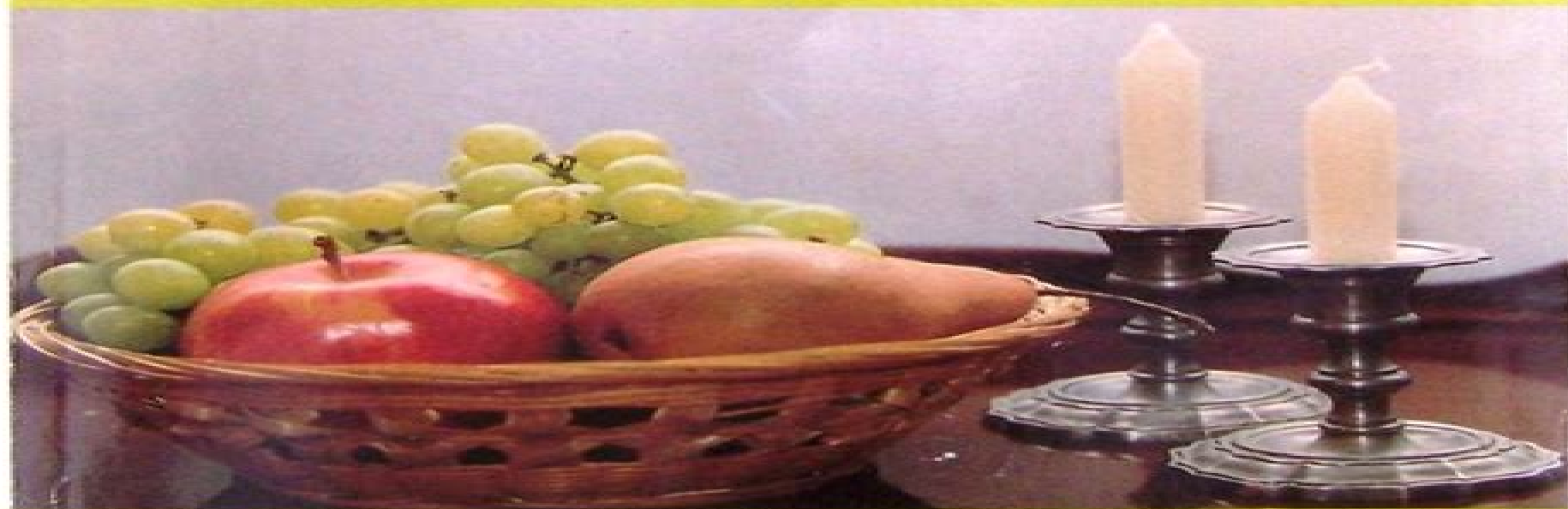


THE LOWFAT JEWISH VEGETARIAN COOKBOOK

HEALTHY TRADITIONS FROM AROUND THE WORLD



By Debra Wasserman

Lowfat Jewish Vegetarian Cookbook

Suzanne Havala



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Vegetarian Cooking For Dummies Suzanne Havala, 2011-04-27 If you thought you had to be a nutritionist to figure out a vegetarian diet it's actually a lot simpler than you think Eating vegetarian in addition to being healthy and delicious is just plain fun Discovering new and exotic vegetables like celeriac or kohlrabi will widen your palate as well as your sense of adventure in the kitchen Plus vegetarian cuisine is chockfull of dishes that are robust and flavorful and a match for any standard meat dish And most important of all eating a plateful of vegetarian lasagna or pasta primavera or any other scrumptious dish prepared vegetarian style will let you indulge without guilt With *Vegetarian Cooking For Dummies* you'll get the skinny on just what lacto ovo lacto and just plain vegan diets are all about and how to create nutritious meals from the rich cornucopia of whole grains legumes vegetables fruits nuts and seeds and dairy and egg substitutes that are the staple of the vegetarian menu You'll also find out How to get your full complement of protein and vitamins including calcium iron C B12 and zinc and from what often surprising food sources How to successfully convert to a vegetarian diet How to stock up a vegetarian pantry including tips on where to shop starting a kitchen garden as well as handy weekly and monthly food lists Vegetarian cooking basics including preparing ingredients cooking beans and grains handling tofu and tempeh washing and cutting fruits and vegetables Simple cooking techniques including baking boiling steaming sautéing and stewing The ins and outs of vegetarian etiquette Not only will you become fully acquainted with the new and delicious world of meat replacements like tofu tempeh seitan textured vegetable protein veggie burgers and franks and egg dairy yogurt and cheese substitutes you'll see how truly simple and enjoyable cooking vegetarian can be With over delicious 100 recipes you'll find yourself choosing among such soon to be favorites as Smoothie snacks including a Caramel Apple Smoothie and a Winter Berry Smooth Breakfast dishes including Savory Mushroom Tofu Quiche Healthy Pancakes and French Toasties Delicious dips including Hummus Baba Ghanouj and Fresh Avocado and Lime Dip Soups for all seasons including Vegetarian Chili with

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