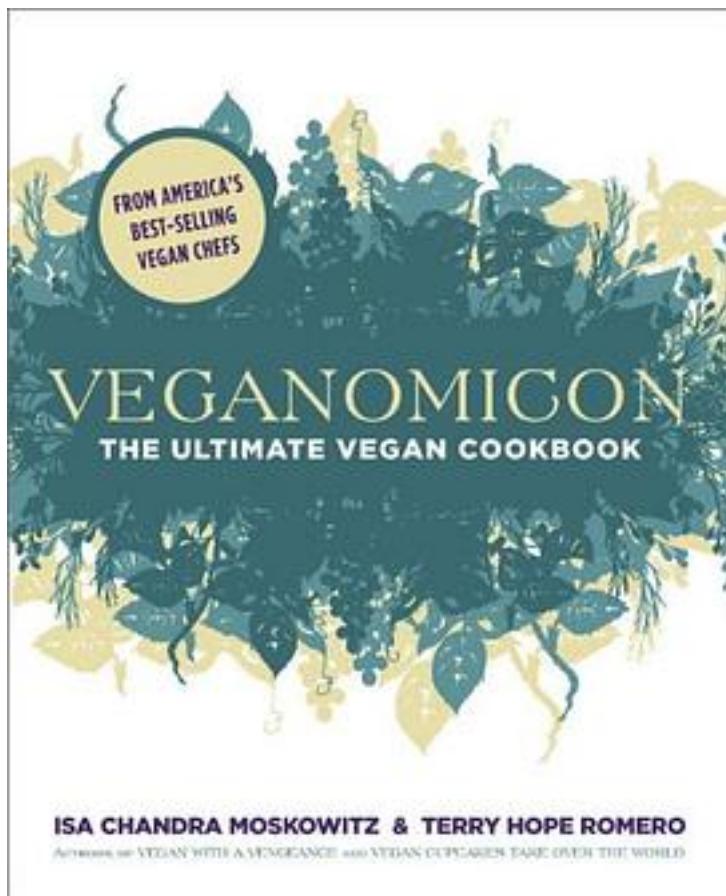


Veganomicon



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著者: Isa Chandra Moskowitz

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Who knew vegetables could taste so good? Moskowitz and Romero's newest delicious collection makes it easier than ever to live vegan. You'll find more than 250 recipes--plus menus and stunning color photos--for dishes that will please every palate. All the recipes in Veganomicon have been thoroughly kitchen-tested to ensure

user-friendliness and amazing results. And by popular demand, the Veganomicon includes meals for all occasions and soy-free, gluten-free, and low-fat options, plus quick recipes that make dinner a snap. Recipes include: * Autumn Latkes * Samosa Stuffed Baked Potatoes * Grilled Yuca Tortillas * Baby Bok Choy with Crispy Shallots * Chile-Cornmeal Crusted Tofu Po Boy * Roasted Eggplant and Spinach Muffuletta * Jicama-Watercress-Avocado Salad with Spicy Citrus Vinaigrette * Acorn Squash, Pear and Adzuki Soup * Tomato Rice Soup with Roasted Garlic and Navy Beans * Asparagus and Lemongrass Risotto * Almost All-American Seitan Pot Pie * Hot Sauce-Glazed Tempeh * Black Eyed Pea Collard Rolls * Chocolate Hazelnut Biscotti * Pumpkin Crumb Cake with Pecan Streusel

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