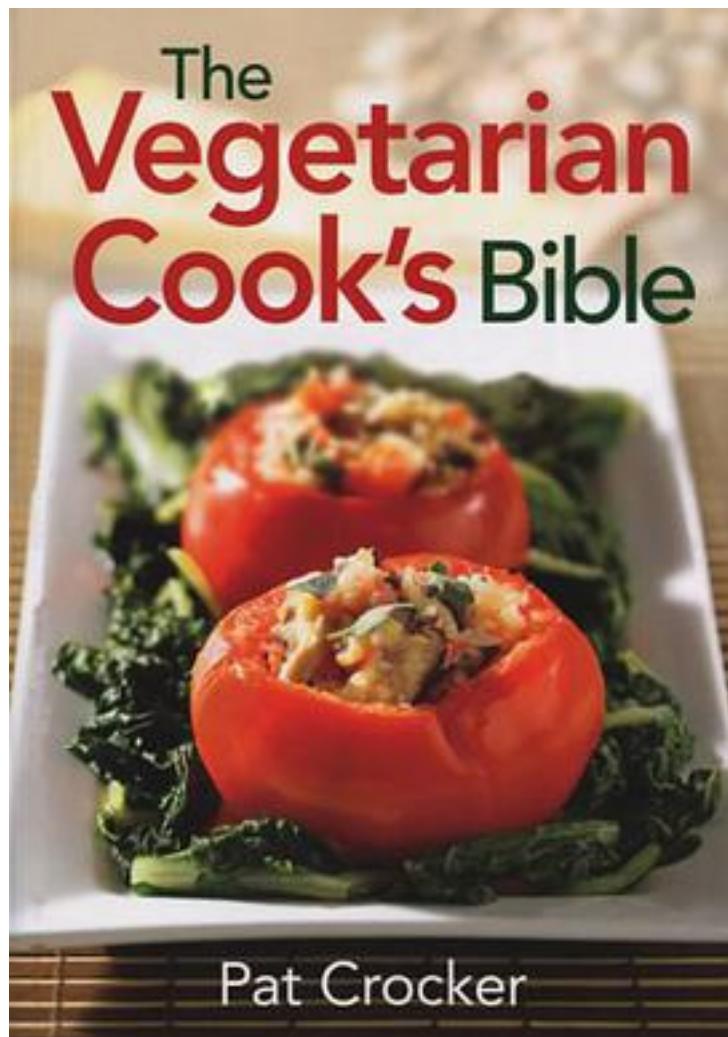


The Vegetarian Cook's Bible



[The Vegetarian Cook's Bible_ 下载链接1](#)

著者: Crocker, Pat

出版者: Firefly Books Ltd

出版时间: 2007-5

装帧: Pap

isbn: 9780778801535

"250 delicious vegetarian recipes plus information on the health benefits of a

vegetarian lifestyle." We choose a vegetarian lifestyle for various reasons, and perhaps one of the most significant is that a plant-based diet is healthful. Many current studies show that the fiber, minerals and other nutrients found in such foods play an important role in preventing disease. This cookbook offers up a vegetarian diet that is rich, varied, healthful and delicious. The recipes call for an interesting range of food choices and are often both budget friendly and spontaneous. In *The Vegetarian Cook's Bible*, good taste and good health go hand in hand. For example: Warm mushrooms with goat cheese is a recipe that ties in with research showing how shiitake mushrooms bolster the immune system. The author explains that cruciferous vegetables protect against colon cancer-and provides a recipe for a hearty stuffed braised cabbage with potatoes. A special section addresses seven body systems and suggests prescriptive meals and beneficial dietary and lifestyle changes. In *The Vegetarian Cook's Bible*, imaginative recipes and comprehensive, up-to-date information highlight the benefits of vegetarian cooking.

作者介绍:

目录:

[The Vegetarian Cook's Bible_下载链接1](#)

标签

美食

评论

[The Vegetarian Cook's Bible_下载链接1](#)

书评

[The Vegetarian Cook's Bible_下载链接1](#)