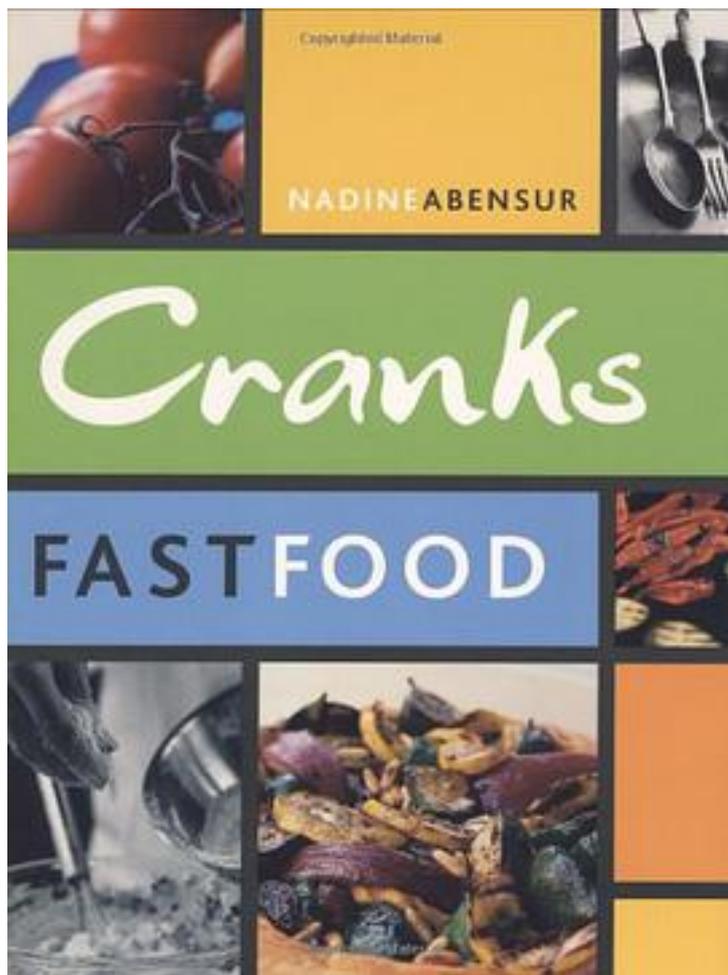


Cranks Fast Food



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著者:Abensur, Nadine

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Eating a variety of vegetables and fruit is vital to good health, but too many people still think of vegetarian cooking as a time-consuming affair of soaked pulses and brown

rice. This book will change that perception forever. Nadine Abensur shows how to cook modern food - fast. No apology is necessary for the absence of fish and meat. There are recipes for all occasions, from speedy mid-week suppers to feasts for friends - all focused on vegetables and all achievable in around 15-20 minutes. Cranks Fast Food is full of surprises, with recipes for tarts and pies, fritters and salsas, roasts and casseroles alongside more obvious fast fare such as soups, stir-fries and snack meals. All the recipes are absolutely in tune with today's lighter, healthier style of eating - simply delicious food for vitality and health.

作者介绍:

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