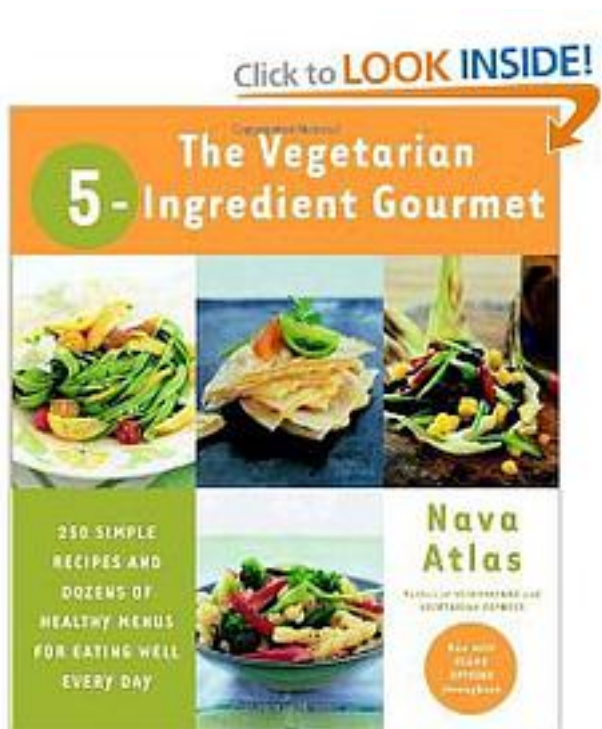


# Vegetarian 5-Ingredient Gourmet



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"Nava Atlas has solutions for maintaining sophisticated flavors in the dishes she creates and still manages to keep the ingredients healthy." --"Cooking Light" "Eating healthfully is a challenge for those with fast-paced lives. In "The Vegetarian 5-Ingredient" "Gourmet," Nava Atlas pares meal preparation down to the essentials, using just a few high-quality ingredients in each delicious dish. Focusing on whole foods and fresh produce (with a little help from convenient natural sauces and condiments) she serves up a varied range of choices for everyday fare. More than 250 recipes include soups, salads, and pastas; grain, bean, and soy entrees; wraps and sandwich fillings; simple side dishes; fruit-filled finales; and more. The full-flavored fare

made from five ingredients or less includes Curried Red Lentil and Spinach Soup; Greek-Flavored Potato Salad; Black Bean Nachos Grandes; Baked Barbecue Tofu and Peppers; and Miniature Fresh Fruit Tarts. Filled with ingenious shortcuts and sprinkled with kitchen wisdom and tips throughout, "The Vegetarian 5-Ingredient Gourmet" also offers the reader dozens of menu suggestions to help make meal planning effortless. From sophisticated (Mixed Greens with Pears, Cranberries, and Goat Cheese) to kid-friendly, (Peanut Butter Noodles), here are recipes to suit every taste. Nava Atlas makes it simple for busy families or active singles to eat the kind of high-nutrient foods everyone needs and to enjoy the robust flavors everyone craves.

作者介绍:

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