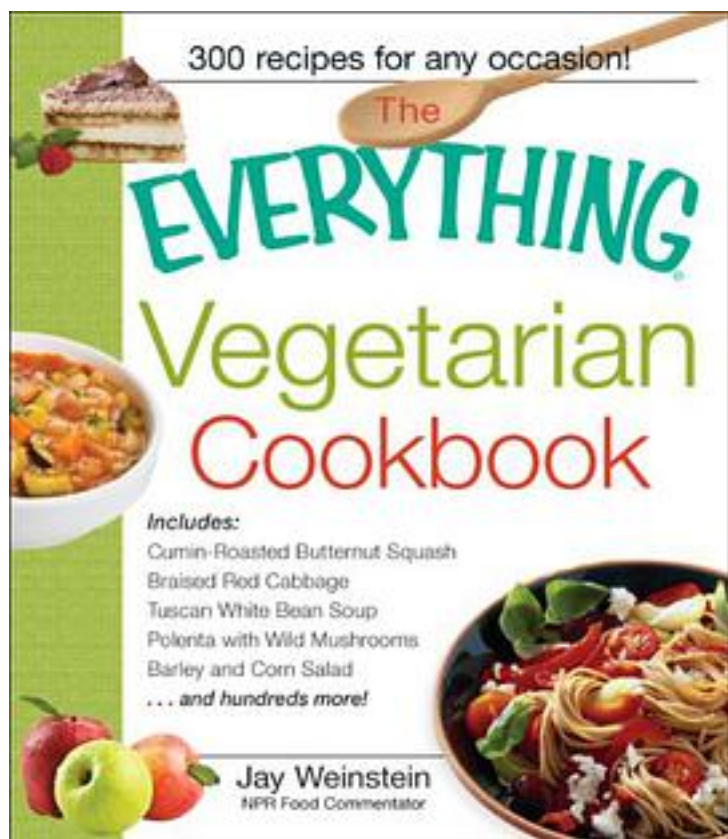


Everything Vegetarian Cookbook



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著者:Weinstein, J.

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Jay Weinstein, NPR's food commentator, serves up 300 quick and easy vegetarian delights. Featuring hundreds of recipes, such as mushroom-stuffed tomatoes, gazpacho, cumin-roasted butternut squash, and insalata caprese for cooks with a variety of dietary constraints, The Everything "RM" Vegetarian Cookbook -- by renowned chef and radio personality Jay Weinstein -- makes preparing delicious and nutritious meals easier than ever before. In this comprehensive, all-purpose cookbook,

Mr. Weinstein gives readers simple instructions for all kinds of vegetarian meals, including ovo-lacto, macrobiotic, vegan, and more. Suggesting several delicious substitutes for meat in a variety of favorite dishes, The Everything "RM" Vegetarian Cookbook also teaches readers how to ensure that they're getting the proper nutrients and protein they need while eating vegetarian. Whether readers want to cook a one-course dinner for the family or an elaborate feast for special guests, this book provides recipes to satisfy any appetite. Featuring: -- Black bean burritos-- Hummus-- Minestrone with basil pesto-- Three bean salad-P-- Tiramisu

作者介绍:

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