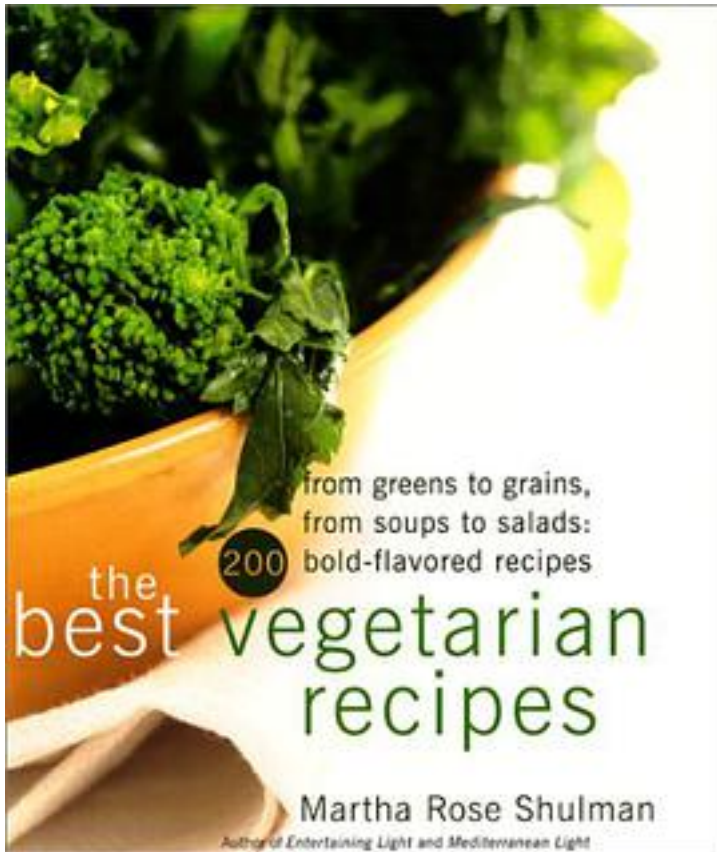# The Best Vegetarian Recipes

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Join award-winning author Martha Rose Shulman as she shares the best of vegetarian cooking today. With her encouragement and her great recipes, you can eat seasonally, healthfully, and most of all, well. Using the rich array of produce now available, The Best Vegetarian Recipes offers an innovative collection of 200 new classics and updated favorites, From spreads, soups, and salads to main-course stir-fries and

stratas, bold flavors combine texture and taste perfectly. New classics like Swiss Chard Frittata and Garlic Soup with Potatoes are sure to become old favorites. Pan-fried tofu, a vegetarian staple, never tasted better than with Martha's soy-ginger marinade. Side dishes are stunning alone or coupled together. Sweet and tart flavors blend in a springtime Baby Turnip and Turnip Greens Ragout. Entertaining is easy and elegant with reinvented favorites. Need ideas for planning a balanced vegetarian menu? Martha has plenty. Her recipes offer accompanying suggestions to complete the meal. Start with an olive oil-crusted Spinach and Cheese Tart. Serve it alongside a refreshing Orange, Onion, and Olive Salad, or the Shredded Romaine Salad for a lighter pairing. As Martha is one of America's most highly regarded vegetarian cooking experts, you can be assured that her recipes are foolproof. Never made soup from scratch before? Helpful pointers highlight the winning combination of ingredients and techniques for "Basic" recipes. You'll also learn indispensable tips for making intensely flavored stocks and salad dressings, roasting bell peppers, and much more. No matter what your eating style, The Best Vegetarian Recipes is simply the best collection of wholesome and healthy recipes around.

作者介绍:

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