

Vegetarian Sandwiches



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Goodbye, peanut butter and jelly! In this lively, easy-to-use cookbook, author Paulette Mitchell shares 75 recipes for delicious, healthy hand-held meals that will satisfy both vegetarians and omnivores alike. Think a veggie sandwich is just cheese and sprouts? Think again. Try brown-bagging it with Mexican Black-Bean Pitas, wowing a dinner party with elegant Pear Crostini, or satisfying a hungry crowd with Eggplant Parmesan Poor Boys. Plus, you'll find great sandwich accompaniments such as Herbed Fresh Tomato-Carrot Soup and Potato Salad with Lemon Vinaigrette. From tofu and tempeh to fresh veggies and grains, "Vegetarian Sandwiches" is a must-have for the lunchbox set.

作者介绍:

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