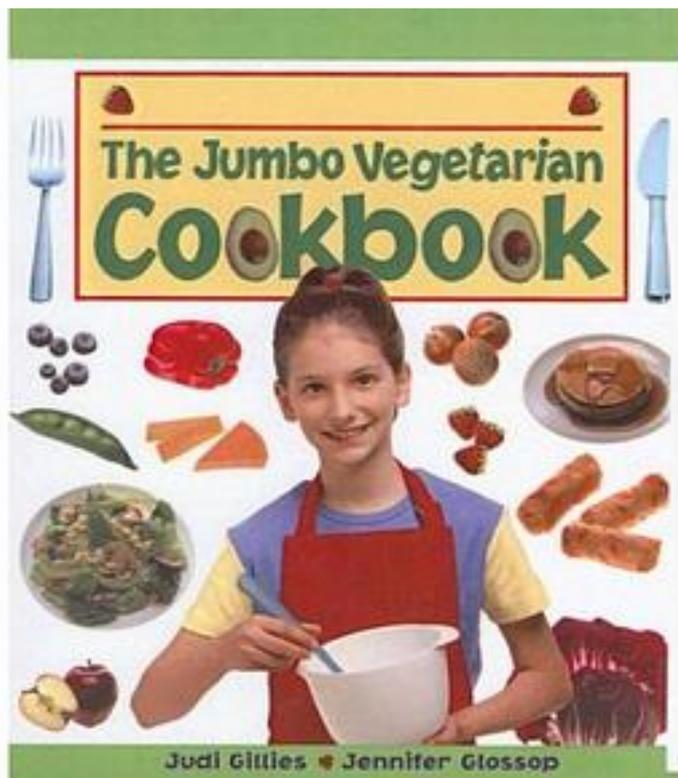


The Jumbo Vegetarian Cookbook



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The authors were first introduced to vegetarianism when their daughters announced they were giving up meat. Both moms were initially concerned that a vegetarian lifestyle wouldn't meet the nutritional needs of their growing teens. But a little research proved that kids could maintain a healthy diet without animal products. Following in the footsteps of their highly successful Jumbo Cookbook, the authors filled "The Jumbo Vegetarian Cookbook" with more than 125 nutritious and delicious meatless dishes, inspired by cultures from around the world This invaluable resource also

includes an introduction to vegetarian foods, basic cooking terms, helpful hints, safety tips and great menu ideas. Recipes include breakfast burritos, curried vegetable chowder, homemade hummus, Thai stir-fry, vegetarian sloppy joe, tempeh kabobs, african stew, four-bean salad, applesauce muffins, banana chocolate delight

作者介绍:

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