

# Easy Vegetarian



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Whether you are a dedicated vegetarian or just love your greens, this book offers lots of inspiration for deliciously fresh food--from a quick, tasty snack to a more glamorous evening meal. For Brunch try French Toast and Sauteed Tomatoes or Blackberry Buttermilk Pancakes. Scrumptious Appetizers and Snacks include Pesto-stuffed Portobello Mushrooms and Toasted Turkish Bread. There is a host of simple Soups and some fabulous ideas in the Cheese and Eggs chapter. All types of salads and accompaniments can be found in Salads and Sides, while Pizzas, Savory Tarts, and Breads are ideal for lunches or casual dinners. When you don't have much time, try some quick Pasta and Noodles, such as Simple Spaghetti with Capers and Olives. For

ultimate comfort food make a risotto from the Rice chapter, or a dish from Beans, Lentils, and Chickpeas. For simplicity, try a One-dish Meal. Finally, round off a meal with a perfect Dessert--the selection includes tasty Crusted Lime Polenta Cake.  
\*Deliciously simple recipes for every occasion. \*Nutritious meat-free dishes. \*More than 50,000 copies sold in hardcover.

作者介绍:

目录:

[Easy Vegetarian\\_ 下载链接1](#)

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