

Almost Meatless



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A Little Meat Can Go a Long Way

We all know that eating less meat is healthier, cheaper, and more environmentally friendly, but how do we cut back without sacrificing flavor or resorting to a carb-heavy diet?

For today's health-, budget-, and eco-conscious omnivores, Almost Meatless offers ingenious ideas for creating delicious, nutritionally balanced meals in which meat is an enhancement rather than the centerpiece. From all-American comfort food to global favorites, you'll find more than 60 satisfying, easy-to-prepare main dish recipes that go light on the meat, including:

Beefed-Up Bean Chili

Eggplant and Chicken Puttanesca Stacks

Shrimp and Slow-Roasted Tomato Risotto

Sweet Potato Chorizo Mole

Tofu-Turkey Sloppy Joes

Almost Meatless also presents guidelines for buying poultry, meat, seafood, and other animal products responsibly, to ensure the best quality, flavor, and value. No matter what your reasons are for reducing your meat consumption, you'll discover versatile cooking solutions that maximize flavor while minimizing your grocery bill.

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目录:

[Almost Meatless_下载链接1](#)

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