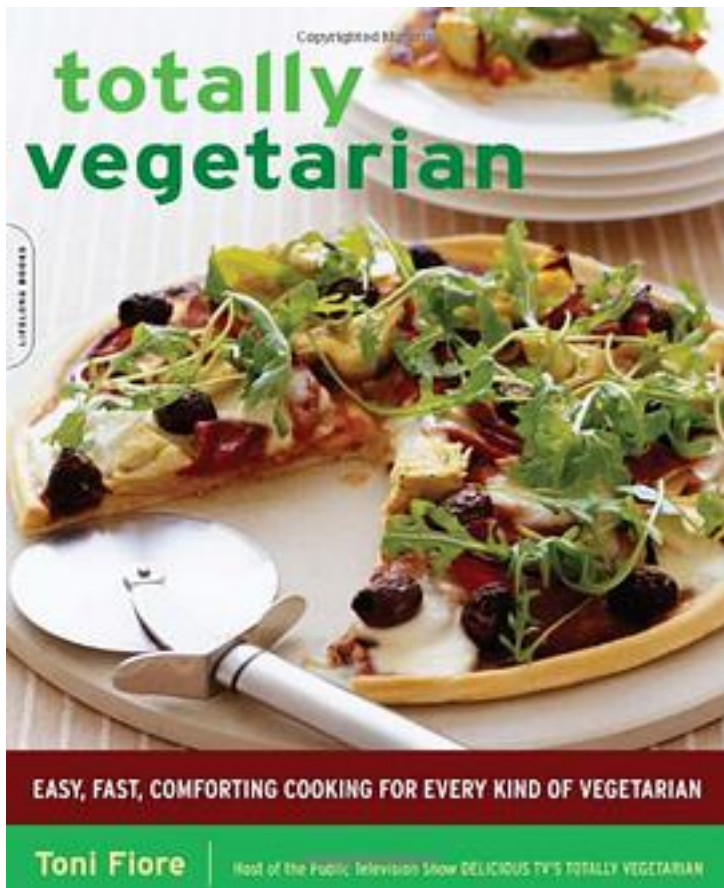


Totally Vegetarian



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著者:Fiore, Toni

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The health benefits of vegetarianism are well known, but, to many, the art of easily preparing great vegetarian food remains a mystery. With her public television cooking show, *Totally Vegetarian*, now in its fourth season, Toni Fiore has rapidly become one of America's most trusted guides to fast and flavorful vegetarian meals. In *Totally Vegetarian*, Fiore presents 200 recipes that emphasize familiar and readily available

ingredients. She is particularly gifted at formulating great-tasting adaptations of popular classic dishes like tempeh fajitas, veggie potstickers, eggplant meatballs,” polenta con fungi porcini, potato sage pizza, easy spicy tofu rollup that can be prepared in as few as five minutes. Whether you’re cooking for a vegan or a flexitarian, everyone aspiring to eat less meat will savor this totally vegetarian food.

作者介绍:

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