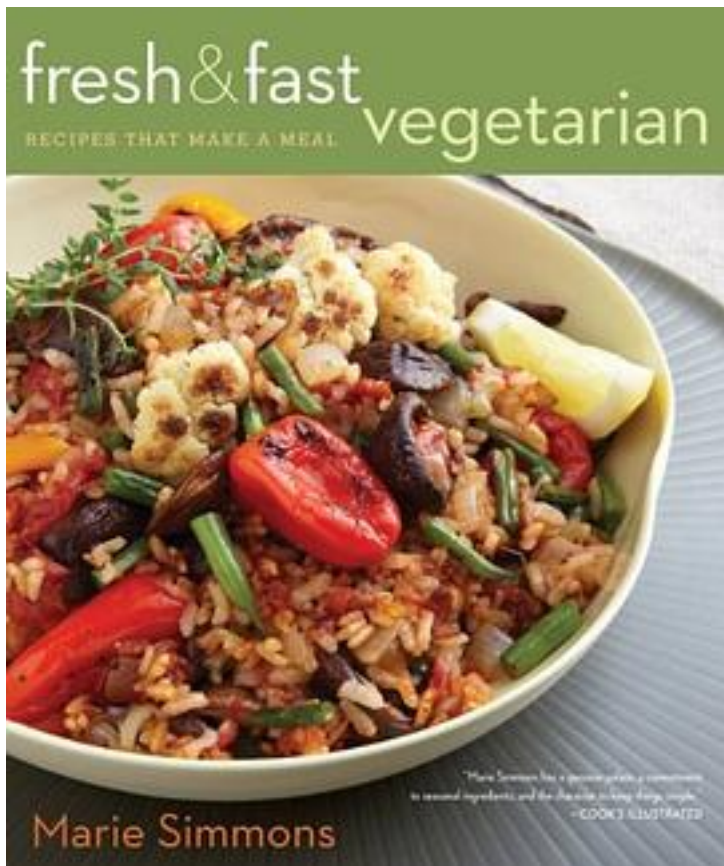


# Fresh & Fast Vegetarian



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Marie Simmons loves bold, imaginative flavors from around the world, and her magically simple combinations have been featured in many magazines, from Redbook to Bon Appétit, where she was a popular columnist, and in her award-winning cookbooks. Over the years, she has come to rely more and more on vegetables and grains, because, as she says, "They taste good and they make me feel better."

Now, in *Fresh & Fast Vegetarian*, she offers up more than 150 of her favorite dinners. Most can be made in half an hour or less, and for each one, Simmons provides an equally easy accompaniment. Like Roasted Vegetables and Mozzarella Quesadillas, some are meals in themselves, while others are smaller dishes that can be paired to create a quick but sumptuous dinner. A number of Simmons's nearly effortless, vibrant recipes are vegan. Each tells exactly how long it will take to prepare. *Fresh & Fast Vegetarian* also provides hundreds of tips for shortcuts and substitutions.

作者介绍:

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