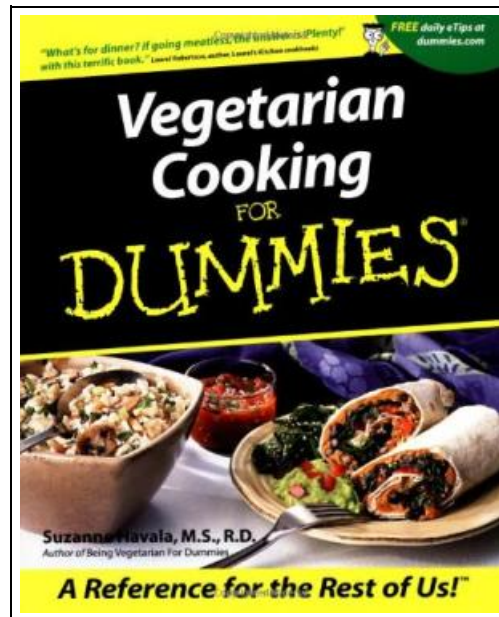


Vegetarian Cooking for Dummies



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VEGETARIAN COOKING FOR DUMMIES



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John Wiley & Sons Inc. Paperback. Book Condition: new. BRAND NEW, Vegetarian Cooking for Dummies, Suzanne Havala, If you thought you had to be a nutritionist to figure out a vegetarian diet, it's actually a lot simpler than you think. Eating vegetarian, in addition to being healthy and delicious, is just plain fun. Discovering new and exotic vegetables like celeriac or kohlrabi will widen your palate as well as your sense of adventure in the kitchen. Plus, vegetarian cuisine is chockfull of dishes that are robust and flavorful, and a match for any standard meat dish. And, most important of all, eating a plateful of vegetarian lasagne or pasta primavera, or any other scrumptious dish prepared vegetarian style will let you indulge without guilt! With Vegetarian Cooking For Dummies, you'll get the skinny on just what lacto-ovo, lacto, and just plain vegan diets are all about and how to create nutritious meals from the rich cornucopia of whole grains, legumes, vegetables, fruits, nuts and seeds, and dairy and egg substitutes that are the staple of the vegetarian menu. You'll also find out: How to get your full complement of protein and vitamins, including calcium, iron, C, B12, and zinc and from what, often surprising, food sources How to successfully convert to a vegetarian diet How to stock up a vegetarian pantry including tips on where to shop, starting a kitchen garden, as well as handy weekly and monthly food lists Vegetarian cooking basics including preparing ingredients, cooking beans and grains, handling tofu and tempeh, washing and cutting fruits and vegetables Simple cooking techniques including baking, boiling, steaming, sauteing, and stewing The ins and outs of vegetarian etiquette Not only will you become fully acquainted with the new and delicious world of meat replacements (like tofu, tempeh, seitan, textured vegetable protein,...



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