



Vegetarian: 150 Delicious Dishes Shown in 200 Stunning Photographs (Paperback)

By Emma Summer

Anness Publishing, United Kingdom, 2013. Paperback. Condition: New. Language: English . Brand New Book. This title features 150 delicious dishes shown in 200 stunning photographs. You can create fresh and tasty meat-free menus with these mouthwatering recipes for soups, appetizers, salads, main courses, side dishes and desserts. It features exciting and authentic recipes from some of the world's best-loved cuisines, including Velvety Pumpkin Soup with Rice and Cinnamon, Spinach and Ricotta Ravioli, Sweet Potatoes in Coconut and Ginger Paste, and Buddhist Vegetarian Noodles. It includes a fully illustrated section on the range of ingredients available to the vegetarian cook, and useful information on the health benefits of maintaining a meat-free diet. Each beautifully photographed recipe is easy to follow and features a complete nutritional analysis of the fat, protein, carbohydrate, salt and calorie count so that you can plan your meals. Healthy and nutritious, the vegetarian diet offers not only an ethically sound approach to eating but also a variety of exciting and delicious ingredients and access to many of the world's best-loved cuisines. The recipes in this book are divided into sections featuring soups, appetizers, salads, main meals, side dishes and desserts. There are dishes for every...



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