



## Budget Cooking for One - Vegetarian: Vegetarian Dishes

### By Penelope R Oates

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Cooking for a vegetarian can sometimes be a challenge. Thinking of something new and interesting to cook that doesn t include meat or meat products can really test your imagination, especially when cooking for one. It can be very tempting to resort to the ready-made vegetarian meals that you can find in the supermarkets. But it really is so much more fun to plan and cook your very own vegetarian food. Cooking for one means you are free to experiment with ingredients and flavors that you particularly like. No-one wants to eat the same few things week after week so I decided to delve into the selection of vegetarian recipes I have tried, tested and tweaked over the years and put them into this book. Some are really quick to put together, others may take a little more time. But all have ingredients that are mostly cheap to buy and easy to find. A lot of the recipes show interesting ways to use left-overs too when cooking for one. You may be looking at this...



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