


[DOWNLOAD](#)


Vegetarian Cooking for Dummies

By Suzanne Havala

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...



READ ONLINE

[4.24 MB]

Reviews

An exceptional ebook along with the font applied was interesting to read through. it was actually writtern really completely and beneficial. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Mr. Hector Cole Jr.

This written pdf is wonderful. It can be writter in easy phrases and not difficult to understand. Your lifestyle span will likely be enhance once you full looking over this ebook.

-- Juanita Reynolds