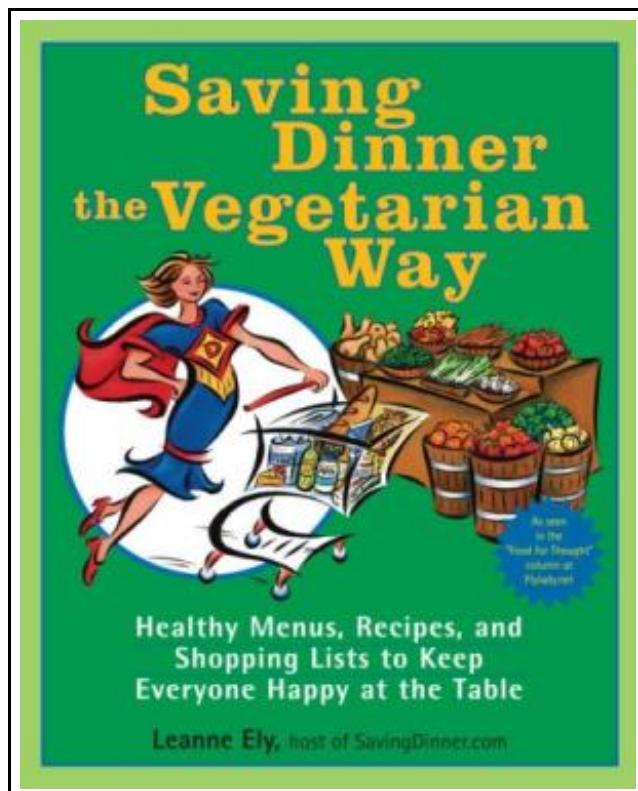


Saving Dinner the Vegetarian Way: Healthy Menus, Recipes, and Shopping Lists to Keep Everyone Happy at the Table



Filesize: 8.5 MB

Reviews

The book is great and fantastic. Better then never, though i am quite late in start reading this one. I realized this publication from my dad and i advised this ebook to find out.
(Dr. Blair Mann)

SAVING DINNER THE VEGETARIAN WAY: HEALTHY MENUS, RECIPES, AND SHOPPING LISTS TO KEEP EVERYONE HAPPY AT THE TABLE

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Random House USA Inc. Paperback. Book Condition: new. BRAND NEW, Saving Dinner the Vegetarian Way: Healthy Menus, Recipes, and Shopping Lists to Keep Everyone Happy at the Table, Leanne Ely, Your mother always said to eat your vegetables-and now you can cook them into delicious, savory meals! Certified nutritionist and author of the popular Saving Dinner cookbooks, Leanne Ely has made it her mission to ensure that meal planning, grocery shopping, and cooking are all easy as pie. Over the past decade, she has inspired people to revive the family tradition of eating together around the dinner table, sharing good times and good food. Now, in her fifth book, she goes vegetarian . . . and the results are-what else?-as tasty as they are good for you! Created for the nearly 25 million full-fledged vegetarians across the country, and for anyone who sometimes wants a menu that focuses on something besides meat, "Saving Dinner the Vegetarian Way" shares cuisine that is as varied as it is healthy. With an array of mouthwatering dishes that even the pickiest eaters will love-including Orzo-and-Corn-filled Tomatoes, Shepherd's Pie with Lentils, Bountiful Burritos, Broccoli Mushroom Noodle Casserole, Peppery Ziti with Fennel, Spicy Black Bean and Tofu Stew, Gingered Stir-Fry, and Cheesy Faux Souffle-Ely gives a whole new meaning to the word "delicious." In addition to Ely's trademark simple recipes, there are dinner menus (including side dishes!) for each season, categorized shopping lists to streamline your trips to the supermarket, and do-ahead tips to save kitchen time. Eating vegetarian has never been so easy or appealing!.



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