



Vegetarian Times Low-Fat & Fast

Maimonides, Vegetarian Times Magazine

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If you've been searching for a cookbook to help you put delicious meatless meals on the table in a hurry, then look no further. The editors of Vegetarian Times magazine, the leading authorities on the vegetarian lifestyle, have compiled this delicious collection of 150 recipes, all of which can be prepared in 30 minutes or less. In fact, many of the recipes are easy enough to complete in just 15 or 20 minutes.

Not just easy, all of the recipes in Vegetarian Times Low-Fat and Fast are low in fat, too. Of course, eating meatless meals is always healthful, but, as the Vegetarian Times editors explain, you still need to watch what you eat to stay fit and healthy. Light vegetarian cooking can be made simple by cutting back on eggs, using low-fat cheeses, sauteing with olive oil instead of butter, and trying healthy cooking techniques like grilling, broiling, roasting, and steaming, all of which bring out the best flavors in your food.

Whether you're a longtime vegetarian or vegan looking for some exciting new and easy recipes to try, or a "part-time" vegetarian just trying to eat meatless meals a few times a week for better health, this is the book for you. Vegetarian Times Low-Fat and Fast is a timesaving cookbook that will make anyone, even beginner cooks, feel at home in the kitchen.

Sample Recipes

- * Caribbean Bean Burgers
- * Sesame Broccoli
- * Mexican Lasagna
- * Vegan Caesar Salad
- * Black Bean Flautas
- * Pesto Mashed Potatoes
- * Tandoori-Style Chickpeas
- * Indonesian Fried Rice
- * Six Vegetable Couscous
- * Gingered Carrot Soup

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Barbara Jackson:

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Russell Pittman:

This Vegetarian Times Low-Fat & Fast is new way for you who has fascination to look for some information since it relief your hunger of knowledge. Getting deeper you upon it getting knowledge more you know or else you who still having little bit of digest in reading this Vegetarian Times Low-Fat & Fast can be the light food for you because the information inside this particular book is easy to get through anyone. These books produce itself in the form that is reachable by anyone, yeah I mean in the e-book application form. People who think that in publication form make them feel drowsy even dizzy this e-book is the answer. So there isn't any in reading a e-book especially this one. You can find what you are looking for. It should be here for you actually. So , don't miss it! Just read this e-book variety for your better life along with knowledge.

Myra McKenzie:

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