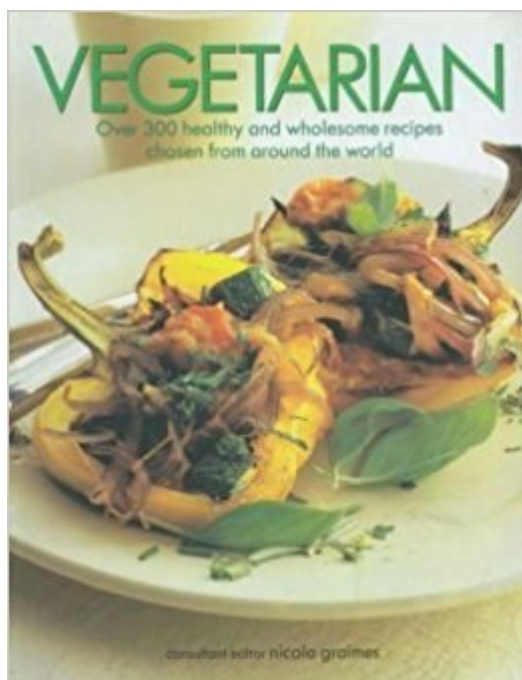


The book was found

Vegetarian



Synopsis

Softcover non-fiction, vegetarian cookbook

Book Information

Paperback: 512 pages

Publisher: Barnes & Noble (2003)

Language: English

ISBN-10: 0760749531

ISBN-13: 978-0760749531

Package Dimensions: 8.6 x 6.7 x 1 inches

Shipping Weight: 2.8 pounds

Average Customer Review: 4.3 out of 5 stars 19 customer reviews

Best Sellers Rank: #719,575 in Books (See Top 100 in Books) #123 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan

Customer Reviews

Softcover non-fiction, vegetarian cookbook

I love New Vegetarian Kitchen by Nicola Graimes, so when I saw this book, I had to get it. (She is the editor.) It does not disappoint. Every recipe I've tried has been very tasty. One thing I love about Graimes' recipes: they aren't your run-of-the-mill vegetarian recipes. She always provides some unique and delicious recipes, things I've never seen elsewhere (and I've read and tried MANY vegetarian and vegan cookbooks). And, wonderfully, almost all of the recipes are easy to make, from standard grocery store ingredients. Nothing difficult, time-consuming, or esoteric. I highly recommend anything by Graimes, and look forward to her next book.

Our family decided to go on a 21-day "fruit/vege/grains/nuts/seeds" meal plan to start off the new year. This book became my source for meal planning on a budget. Not only did the meals surprise and delight me, the cook, but my family enjoyed them as well. Funny thing, this book sat on my shelf for two years! When my family considered eliminating meat and dairy, I wondered how to go about doing it. My daughter pointed to this book and said, what about this book? Creating interesting meals for 40 years now, this book put a spark into our kitchen and into me! Buy the book!

Just the best book in vegetarian cooking I've seen. The first sections explain in detail the different

vegetables, fruits and grains, their nutritional and health value which is a big plus when you want to try new foods while you improve your eating habits towards a healthier lifestyle. Recipes are plenty, diverse and good. Most are easy to make. Have tried a bunch now, mostly salads and pasta. Pictures are excellent and a nice extra to the recipes themselves. When I want to do some recipe cooking, I use this book, my family's old secret recipes :p or online/magazine recipes. Nothing else.

This is a very thorough book. I could do without the first third that describes all the different sorts of plants, legumes and other vegetarian items. But the recipes are the best part of the book. Easy to follow using the spices I generally like and already have.

Best Vegetarian cookbook and food information source! Wonderful and instructional color photos.

I love the large pictures that come with this book. I am not a vegetarian, but I have cut back on eating meat, and needed more ideas on veggie dishes and this book was perfect.

They should list the time it takes to prepare/cook the meal. It would be nice to have more recipes. The recipes are good, at best.

Really INTERESTING vegetarian food, plus a lot of helpful information and wonderful pictures. I'm looking forward to working through it this winter.

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