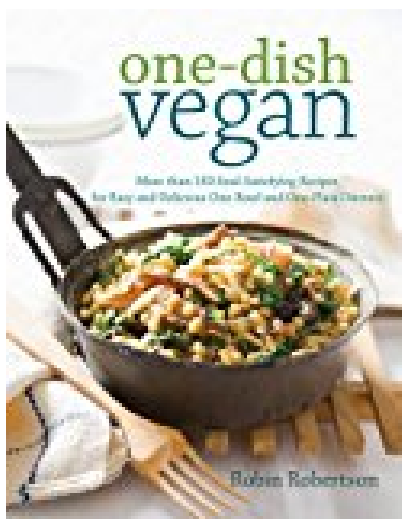


One-Dish Vegan More than 150 Soul-Satisfying Recipes for Easy and Delicious One-Bowl and One-Plate Dinners



BOOK DETAILS

- Author : Robin Robertson
- Pages : 208 Pages
- Publisher : Harvard Common Press
- Language : English
- ISBN : 1558328122

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BOOK SYNOPSIS

Vegan books have risen to a dominant sales position in the vegetarian category. One-dish meals are perennially popular on American tables, and books devoted to one-dish cooking perform well. Robin Robertson's *One-Dish Vegan* is the first book at the intersection of these two powerful cookbook categories. Robin Robertson has built a publishing record of very successful titles in the vegetarian category. She is known for her creativity in the kitchen, for the breadth of enticing ingredients and flavors with which she works, and for her expertise in vegetarian nutrition—with a special focus lately on how vegans still can get enough protein in their diets. Typically, it takes two or three courses or dishes to make a well-rounded vegan meal. To meet this criterion in one dish takes the kind of ingenuity and expert knowledge that Robertson possesses. *One-Dish Vegan* contains more than 150 recipes. They range from the most popular categories of one-dish dining like stews, chilis, and casseroles (and other baked dishes) to a host of stovetop sautés and stir-fries as well as substantial salads and dishes that feature pasta as well as other noodles, such as Asian noodles. The recipes are at once homey and adventuresome, comforting and surprising. Above all, they demonstrate that it really is possible to get a complete vegan meal into one dish, full of good-for-you nutrients and bright, satisfying flavors.

ONE-DISH VEGAN MORE THAN 150 SOUL-SATISFYING RECIPES FOR EASY AND DELICIOUS ONE-BOWL AND ONE-PLATE DINNERS - Are you looking for Ebook *One-Dish Vegan More Than 150 Soul-Satisfying Recipes For Easy And Delicious One-Bowl And One-Plate Dinners*? You will be glad to know that right now *One-Dish Vegan More Than 150 Soul-Satisfying Recipes For Easy And Delicious One-Bowl And One-Plate Dinners* is available on our online library. With our online resources, you can find *Applied Numerical Methods With Matlab Solution Manual 3rd Edition* or just about any type of ebooks, for any type of product. Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. *One-Dish Vegan More Than 150 Soul-Satisfying Recipes For Easy And Delicious One-Bowl And One-Plate Dinners* may not make exciting reading, but *Applied Numerical Methods With Matlab Solution Manual 3rd Edition* is packed with valuable instructions, information and warnings. We also have many ebooks and user guide is also related with *One-Dish Vegan More Than 150 Soul-Satisfying Recipes For Easy And Delicious One-Bowl And One-Plate Dinners* and many other ebooks.

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