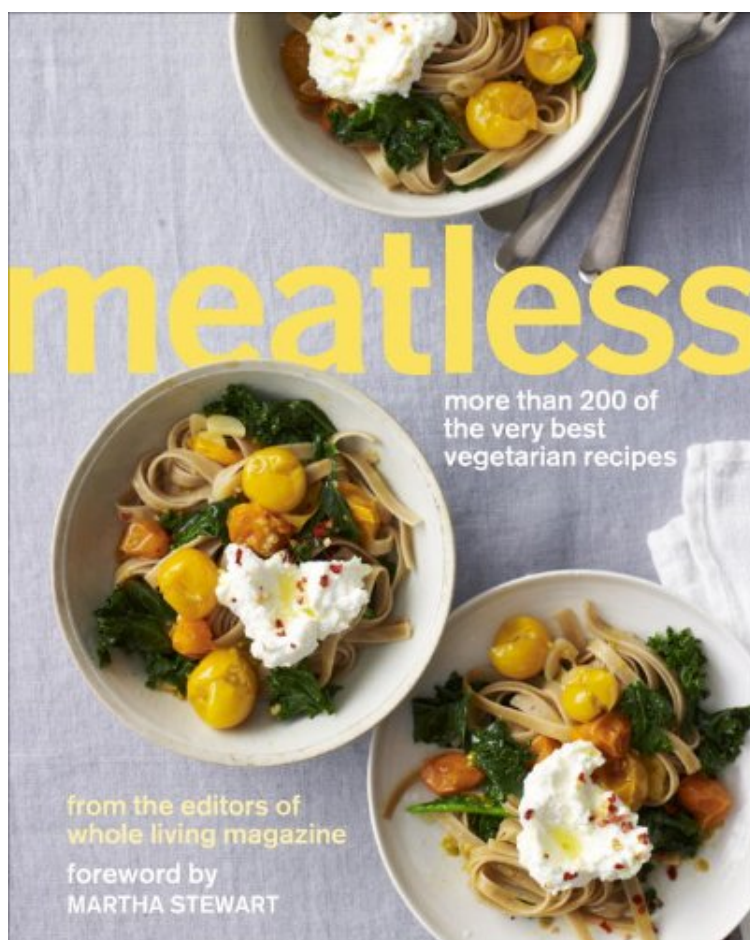


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Meatless: More Than 200 of the Very Best Vegetarian Recipes



Par Martha Stewart Living
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(Free and download) Meatless: More Than 200 of the Very Best Vegetarian Recipes

Par Martha Stewart Living : Meatless: More Than 200 of the Very Best Vegetarian Recipes before purchasing it in order to gage whether or not it would be worth my time, and all praised Meatless: More Than 200 of the Very Best Vegetarian Recipes:

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Description :

Prsentation de l'diteurFor anyone new to a vegetarian diet--flexitarians who adopt plans like Meatless Mondays--as well as committed vegetarians and fans of Power Foods, here is a comprehensive collection of easy, meat-free mains for everyday.As inspiring as it is practical, Meatless features 200 recipeseach accompanied by a gorgeous photographfor full-fledged vegetarians and meat-eaters alike. Youll find recipes for classics and new favorites, plus plenty of low-fat, vegan, and gluten-free options, too. More than just a cookbook, Meatless is also a roadmap to embracing a vegetable-based lifestyle. Here are dozens of versatile recipes that can be easily adapted, such as pizza with a variety of toppings, salads made from different whole grains, and pestos with unexpected flavors and ingredients. Youll also find advice on stocking your pantry with vegetarian essentials (dried beans, pasta, herbs and spices), a collection of basic recipes and techniques (vegetable stock, tomato sauce, polenta), and make-ahead flavor-boosters (caramelized onions, roasted peppers, and quick pickles). Comprehensive and indispensable, Meatless makes it easy to prepare flavor-packed dinners for any day, any occasion. And no one will miss the meat. Selections include:Small Plates to

Mix and Match: Smashed Chickpea, Basil, and Radish Dip with Pita Chips; Roasted Baby Potatoes with Romesco Sauce; Stuffed Marinated Hot Red Chili Peppers; Grilled Polenta with Balsamic Mushrooms

Stovetop Suppers: Frittata with Asparagus, Goat Cheese, and Herbs; Spring Vegetable Ragout; Farro Risotto with Wild Mushrooms; Southwestern Hash

Soups, Stews, and Chili: Tomato Soup with Poached Eggs; Bean Chili; White Cheddar Corn Chowder; Chickpea Curry with Roasted Cauliflower and Tomatoes

Casseroles and other Baked Dishes: Ricotta and Spinach Stuffed Shells; Italian Baked Eggplant with Seitan; Black-Bean Tortilla Casserole; Apple, Leek, and Squash Gratin

Substantial Salads: Raw Kale Salad with Pomegranate and Toasted Walnuts; Avocado, Beet, and Orange Salad; Arugula, Potato, and Green Bean Salad with Creamy Walnut Dressing; Roasted-Tomato Tabbouleh

Sandwiches, Burgers, and Pizzas: Quinoa Veggie Burgers; Grilled Asparagus and Ricotta Pizza; Chipotle Avocado Sandwich; Portobello and Zucchini Tacos

Pasta and Other Noodles: Fettuccine with Parsley-Walnut Pesto; Roasted Cauliflower with Pasta and Lemon Zest; Soba and Tofu in Ginger Broth; No-Bake Lasagna with Ricotta and Tomatoes

Simple Side Dishes: Mexican Creamed Corn; Cabbage and Green Apple Slaw; Shredded Brussels Sprouts with Pecans and Mustard Seeds; Baked Polenta Fries

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Biographie de l'auteur For more than twenty years, the food editors and chefs in the kitchens at MARTHA STEWART LIVING have produced dozens of bestselling cookbooks, including Martha Stewarts Cooking School, Martha's American Food, Martha Stewarts Baking Handbook, Everyday Food: Great Food Fast, and Power Foods. MARTHA STEWART is the author of more than 75 books on cooking, entertaining, crafts, home-keeping, gardens, weddings, and decorating. She is the host of Cooking School on PBS.