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Autore	Light The Editors of Cooking
Titolo	Cooking Light Way to Cook Vegetarian : The Complete Visual Guide to Healthy Vegetarian & Vegan Cooking
Pubbl/distr/stampa	Birmingham : , : TI Inc. Books, , 2016 ©2016
ISBN	9780848750619 0848750616
Edizione	[1st ed.]
Descrizione fisica	1 online resource (878 pages)
Altri autori (Persone)	QuinlivanRachel
Disciplina	641.5636
Soggetti	Vegetarian cooking Cooking (Natural foods) Nutrition
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Cover -- Title -- Contents -- Welcome -- way to cook vegetarian -- appetizers -- breads -- grains & -- pasta -- eggs & -- dairy -- legumes & -- vegetables -- tofu & -- tempeh -- salads -- sandwiches -- sides -- soups & -- stews -- ingredient substitution guide -- Nutritional Information -- seasonal produce guide -- Metric Equivalentents -- Copyright.
Sommario/riassunto	A celebration of all the plant world has to offer-- from colorful fruits and vegetables bursting with nutrients to hearty grains and protein-packed beans and tofu. Includes cooking tips and nutrition information about the joys and flavors of vegetarian cuisine.