

1. Record Nr.	UNINA9910156173303321
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Titolo	Quick and easy vegan comfort food : over 150 great-tasting, down-home recipes and 65 everyday meal ideas - for breakfast, lunch and dinner // Alicia C. Simpson
Pubbl/distr/stampa	New York, NY : , : The Experiment, LLC, , 2009 ©2009
ISBN	1-61519-109-7
Edizione	[First edition.]
Descrizione fisica	xii, 227 p., [8] p. of plates : col. ill
Disciplina	641.5636
Soggetti	Vegan cooking Comfort food
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Sommario/riassunto	A born food-lover, raised in California on "the best Mexican food in the country" and her father's "traditional Southern soul food," Alicia C. Simpson couldn't imagine giving up her favorite dishes to become vegan. Animal-free food might be healthier, but could it match the tastes of home-like fried chicken, macaroni and cheese, or a bowl of chili? Three years after Alicia took the vegan plunge, Quick and Easy Vegan Comfort Food answers that question with a resounding "yes!"