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Vegetarian and More: Versatile Vegetarian Recipes with Optional Meat Add-Ins

By Linda Rosenweig

Rodale Books. Paperback. Book Condition: New. Paperback. 324 pages. Dimensions: 9.2in. x 7.4in. x 0.7in. According to a recent survey, 14 million Americans call themselves vegetarians. Of that, only 2 million eat no animal meat whatsoever. The remaining 12 million are part-time vegetarians who eat fish, poultry, or red meat on occasion. For this large and growing group, Linda Rosenweig offers a cookbook to satisfy vegetarians and non vegetarians alike. Rosenweigs experience stems from years developing recipes for Weight Watchers, Prevention, and Good Housekeeping magazines. Her 225 vegetarian recipes in Vegetarian and More! include Quick Conversions, allowing readers to easily add meat, poultry, or fish to some or all of the recipe. These are especially convenient for split households, where only a few members are vegetarians. The focus is on simplicity: only common, store-bought ingredients are used, and most of the recipes are ready in less than 45 minutes. The book also features the new Vegetarian Diet Pyramid from the American Dietetic Association. Vegetarian and More! allows those eating less meat, vegetarians, and meat lovers total satisfaction. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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