

## **VEGETARIAN RECIPES FOR BREAKFAST LUNCH AND DINNER**



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### **Vegetarian and Vegan Tofu Recipes for Breakfast Lunch and**

This list of tofu recipes is all vegetarian and mostly vegan.. Tofu is a great option for anyone looking for a low-fat way to get a protein boost. There's no limit to what you can do with tofu, from tofu stir-fries to smoothies. Don't forget to press your tofu for most recipes, and, if you're hesitant about cooking with tofu, here's everything you need to know about tofu.

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### **Vegetarian Main Course Salad Recipes Martha Stewart**

Nobody will accuse you of eating "rabbit food" when you sit down to one of these bright and hearty vegetarian main-course salads! They burst with fresh and roasted vegetables, as well as hearty grains like bulgur and quinoa, and protein-rich beans and cheese. You'll look forward to eating these green, grain, and pasta salads for lunch or dinner any day of the week.

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