



160 Fresh And Healthy Vegetarian Recipes

Author :Valerie Ferguson / **Category :**Cooking / **Total Pages :** 96 pages

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Summary : Free 160 fresh and healthy vegetarian recipes pdf download - synopsis vegetarian food is renowned for its emphasis on fresh seasonal produce and this book contains both classic and innovative dishes using the full array of fabulous vegetarian cooking ingredients recipes are presented for every occasion - from every day family meals and quick suppers to festivals and celebrations buffets and gatherings and impressive dinner parties among the 160 superb recipes there are ideas for every part of the meal and menu from delicious soups and starters such as jerusalem artichoke soup and bean watercress and herb dip to tasty main courses such as spinach and hazelnut lasagne and jamaican black bean pot if time is short there are plenty of quick-fix meals to try such as coriander omelette parcels with asian vegetables and mushroom and fennel hot-pot for those very special occasions you can really impress your guests with broccoli and chestnut terrine or wild rice rosti with carrot and orange puree a rich range of side dishes and salads complete the line-up of wonderful dishes to try every recipe is illustrated with a fabulous photograph of the finished dish so you can see from the start exactly what you are setting out to achieve and throughout cook s tips and hints provide guidance on specific techniques or offer serving suggestions and variations whether you are cooking for the whole family or want to prepare a simple snack whether you are a committed vegetarian or simply wish to ring the changes with a freshly prepared meat-free dish fresh and healthy vegetarian has a recipe sourcebook for every occasion

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