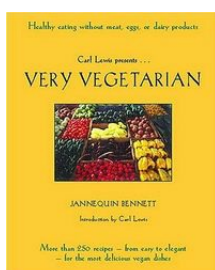


# VERY VEGETARIAN

The number of people choosing meatless meals is on the increase. And a veganvegetarian diet -- one without any animal products -- is an unusually healthyone because it is high in fiber, low in saturated fat, and very nutritious."Too many vegan recipes have relied on exotic and difficult-to-findingredients or tedious, time-consuming techniques," says Jannequin Bennett,executive chef of...



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