

Title:

Convince Skeptics With Easy Vegetarian Recipes

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Summary:

If you are thinking of following vegetarian diet for certain causes - religious belief, health reason, economic reason, animal rights - you will face a barrage of uninformed arguments from skeptical relatives and friends. A common argument about vegetarianism is the difficulty of preparing vegetarian meals. Don't get swayed or discouraged by this argument because there is a lot of choice for vegetarians. A vegetarian diet consists of ordinary everyday foods like grains, veget...

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Article Body:

If you are thinking of following vegetarian diet for certain causes - religious belief, health reason, economic reason, animal rights - you will face a barrage of uninformed arguments from skeptical relatives and friends. A common argument about vegetarianism is the difficulty of preparing vegetarian meals. Don't get swayed or discouraged by this argument because there is a lot of choice for vegetarians. A vegetarian diet consists of ordinary everyday foods like grains, vegetables, nuts, and fruits. Legumes and starches like potatoes and rice are also part of the diet. Fish, poultry, and dairy products can also be incorporated depending on what type of vegetarianism you follow. These are all available in your average grocery store. Also, there is a variety of easy vegetarian recipes available in many sources. Books, magazines, newsletters, and even TV shows are veritable sources of healthy vegetarian recipes. You will not miss anything because the choices are limitless.

Vegetarian meals do not deviate much from a regular diet except for the absence of meat. Skeptics argue that this could mean missing out on essential proteins. But this is hardly true nor correct. All healthy vegetarian recipes are well-balanced. They have the required amounts of essential vitamins, minerals, and protein. Examples of protein choices are legumes, nuts, beans, fish, poultry, dairy, and the popular tofu. Calcium, a mineral often associated with milk, is not missed either. Middle Easterners and native Africans are known to have strong teeth and bones but their diets rarely contain dairy or meat. They get

their calcium from vegetables and root crops. So there is no reason you couldn't get your calcium requirements from vegetarian foods. In terms of nutrition, a vegetarian diet is even superior to diets with meat. There is less fat and bacteria that enter the body which can cause heart diseases and infections. You can watch meat lover bloat and get fat while maintaining your own healthy body with vegetarianism.

After proclaiming that you are eating healthier with vegetarianism, you'd think that the non-believers will stop bugging you. But no, they're back and possibly bearing the most difficult question for hedonists. They'll ask if you're not depriving yourself of the hearty pleasure and satisfaction only the flavor of meat can give. Fret not because vegetarianism has an answer to that. When vegetarians state that there are easy vegetarian recipes, they don't just mean easy to prepare but also easy on the palate. Contrary to what the skeptics are thinking about vegetarian meals (you know, limp lettuce and carrot sticks), vegetarian meals are flavorful and varied. Recipes range from curries, soups, burgers, steaks, hotdogs, casseroles, pasta, and delicious desserts all made with true vegetarian goodness. In fact, vegetarian meals are more flavorful because they make full use of herbs and natural flavors unlike meats which use a lot of salt.

If your friends and relatives still won't stop bugging you about your vegetarian diet, get a load of healthy vegetarian recipes and cook them a feast. When they see that you didn't even break a sweat preparing the delicious feast, they'll be convinced of the ease of vegetarianism. Give them copies of easy vegetarian recipes and don't be surprised if they'll ask you to go produce-shopping in the following days.