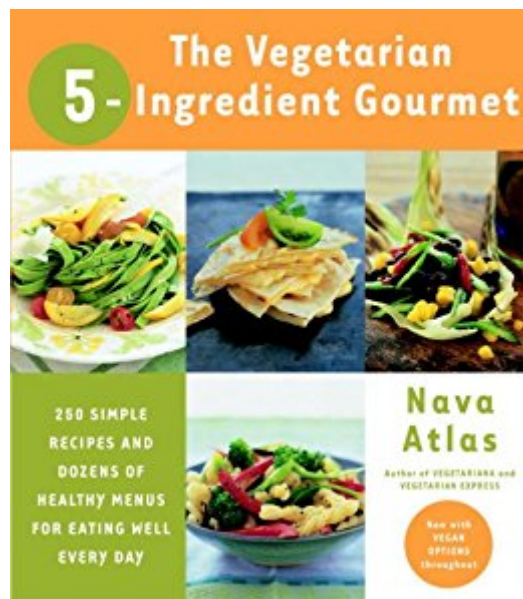


The book was found

The Vegetarian 5-Ingredient Gourmet: 250 Simple Recipes And Dozens Of Healthy Menus For Eating Well Every Day



Synopsis

Nava Atlas has solutions for maintaining sophisticated flavors in the dishes she creates and still manages to keep the ingredients healthy. "Cooking Light Eating healthfully is a challenge for those with fast-paced lives. In *The Vegetarian 5-Ingredient Gourmet*, Nava Atlas pares meal preparation down to the essentials, using just a few high-quality ingredients in each delicious dish. Focusing on whole foods and fresh produce (with a little help from convenient natural sauces and condiments) she serves up a varied range of choices for everyday fare. More than 250 recipes include soups, salads, and pastas; grain, bean, and soy entrees; wraps and sandwich fillings; simple side dishes; fruit-filled finales; and more. The full-flavored fare made from five ingredients or less includes Curried Red Lentil and Spinach Soup; Greek-Flavored Potato Salad; Black Bean Nachos Grandes; Baked Barbecue Tofu and Peppers; and Miniature Fresh Fruit Tarts. Filled with ingenious shortcuts and sprinkled with kitchen wisdom and tips throughout, *The Vegetarian 5-Ingredient Gourmet* also offers the reader dozens of menu suggestions to help make meal planning effortless. From sophisticated (Mixed Greens with Pears, Cranberries, and Goat Cheese) to kid-friendly (Peanut Butter Noodles), here are recipes to suit every taste. Nava Atlas makes it simple for busy families or active singles to eat the kind of high-nutrient foods everyone needs and to enjoy the robust flavors everyone craves. From the Trade Paperback edition.

Book Information

File Size: 4275 KB

Print Length: 272 pages

Publisher: Clarkson Potter; 1 edition (June 9, 2009)

Publication Date: June 10, 2009

Sold by: Random House LLC

Language: English

ASIN: B002CK8VMK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #36,909 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #16 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Natural Foods #16 in Books > Cookbooks,

Customer Reviews

Hooray! This is the cookbook for which I have been waiting. In fact, if you are vegetarian or vegan, you have very likely been waiting for it, too. It truly has wide appeal. Whether you are a veggie teen, an active and over-committed adult, or a senior citizen wanting to keep it simple (as in easy), you will enjoy and value Nava Atlas' book as much as I do. There is so much I love about it, and only two things I would change; but they are teensy-weensy criticisms. First, about the recipes: true to her word, Ms. Atlas has somehow managed to create 250 recipes, each with five or less ingredients. You will find familiar stand-bys, as well as new and imaginative dishes. Looking for a hummus recipe? It's in there. How about veggie pizza? It's in there, too (twelve pages of pizza recipes-delicioso!) Do you enjoy a comforting, nourishing soup? Yep; you will find that, too, in "Chapter 1: Simplicity in a Soup Pot." What about tofu? I have been eating tofu regularly for nearly ten years now. You can imagine that my favorite tofu recipes no longer create much excitement at the dining table. Therefore, I am always on the lookout for an addition to my tofu repertoire. Was I ever excited to find an entire chapter ("Chapter 5: Essential Soy") devoted solely to tofu recipes! That's where I headed first. There is so much more to The Vegetarian 5-Ingredient Gourmet than recipes. If your mantra is, "I don't have [pick one or more] a) the time, b) the inclination, c) the know-how to successfully prepare a vegetarian or vegan meal," have no fear. Ms. Atlas has done all the thinking and the work (except the cooking, of course), including a complete shopping list for stocking your cupboards, menu suggestions for each and every recipe, a menu-planning guide, and nutritional statistics.

[Download to continue reading...](#)

The Vegetarian 5-Ingredient Gourmet: 250 Simple Recipes and Dozens of Healthy Menus for Eating Well Every Day Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget(Crockpot,Slowcooker,Cast Iron) (Vegetarian,Vegetarian Cookbook,Vegetarian ... low carb,Vegetarian low fat) Vegetarian: Vegetarian Diet For Beginners: 100 Delicious Recipes And 8 Weeks Of Diet Plans (Vegetarian Diet, Vegetarian Diet For Beginners, Vegetarian ... Cookbook, Vegan, Clean Eating, Raw Diet) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE

HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) Vegetarian: 4-Week Vegetarian Nutrition Cookbook for Everyday Lifestyle - 39 Quick & Easy Vegetarian Meal Plans for Beginners (Healthy Low Carb Vegetarian Recipes for Diet and Lifestyle) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Rice Recipes: Most Amazing Rice Recipes Ever Offered! (Gourmet - Healthy - Nutrition - Cooking By Ingredient - Healthy Living - Rice & Grains) 132+ Delicious Salads, Dressings And Dips: Healthy Salad Recipes For Weight Loss, Great For Vegetarian And Raw Vegan Diets (Gabrielle's FUSS-FREE Healthy Eating Cookbooks And Vegetarian Recipes) Vegetarian Quick & Easy - Under 15 Minutes: (100 Simple Natural Food Recipes) (Weight Maintenance & Low Fat Lifestyle) (Vegetarian Weight Loss) (Special ... & Vegetarian Recipes Collection Book 2) Vegetarian: The Beginners Guide to a Vegetarian Lifestyle - © with The Top 170+ Healthy Recipes (Includes 8 FULL Weeks FULL Month Meal Plan, Vegetarian Diet Weight Loss Cookbook) Vegetarian: 50 The Best Vegetarian Slow Cooker Recipes-Great, Healthy, Delicious Place To Start With Vegetarian Slow Cooker Cookbook :Healthy Mediterranean Gourmet: Mediteranean Recipes For Everyday Cooking: Eat Healthy Gourmet Food 3 Ingredient Slow Cooker: 21 Amazing & Stupidly Simple Slow Cooker Recipes (Healthy Recipes, Crock Pot Recipes, Slow Cooker Recipes, Caveman Diet, Stone Age Food, Clean Food) Vocabulary Packets: Prefixes & Suffixes: Ready-to-Go Learning Packets That Teach 50 Key Prefixes and Suffixes and Help Students Unlock the Meaning of Dozens and Dozens of Must-Know Vocabulary Words Pumpkin Recipes: 30 Simple and Healthy Yummy Pumpkin Recipes for Every Taste Plus Fall and Winter Meals (Pumpkin Recipes & Healthy Eating) The Complete Cook's Country TV Show Cookbook Season 8: Every Recipe, Every Ingredient Testing, Every Equipment Rating from the Hit TV Show RECIPES:THAI FOOD: VEGE-THAI-RIAN: MOUTHWATERING THAI VEGETARIAN RECIPES (Vegan, Vegetarian Quick Easy Reference): Child Approved Simple Recipes, Fusion ... Special Diet Special Occasions) Vegetarian Weight Loss: How to Achieve Healthy Living & Low Fat Lifestyle (Weight Maintenance & Heart Healthy Diet) (Special Diet Cookbooks & Vegetarian Recipes Collection Book 1) Resistant Starch Cookbook: Restore Your Health, Heal Your Gut, and Lose Weight Fast While Eating the Foods You Love! (dozens of recipes with pictures and a 28 day meal plan)