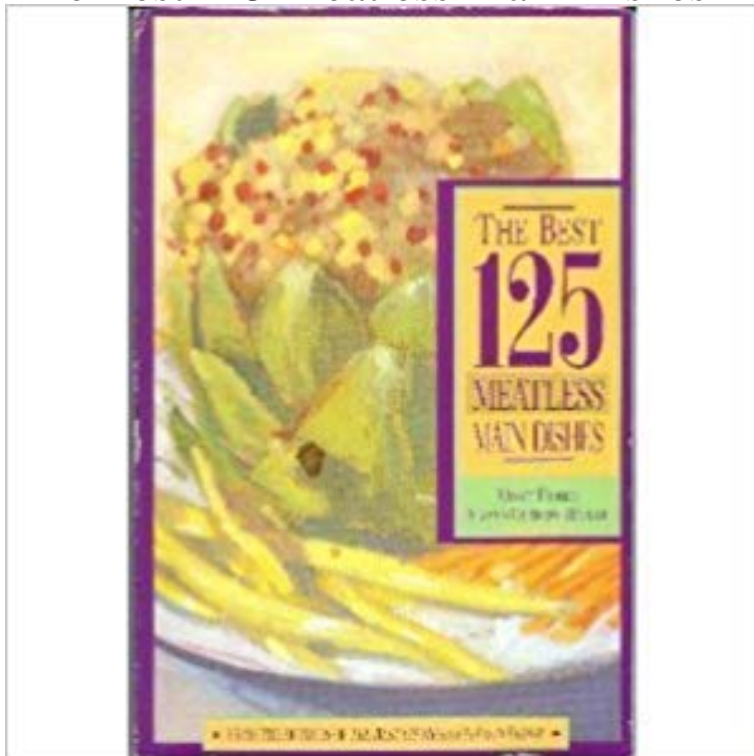


The Best 125 Meatless Main Dishes



The Best 125 Meatless Main Dishes features healthful dishes from around the world that don't sacrifice flavor, such as: Black Bean and Rice Casserole with Tomatoes and Smoked Provolone Asparagus, Chevre, and Fresh Dill Baked in Filo Pastry Curried Risotto with Carrots and Currants Baked Green Tomatoes with Spicy Cornbread Stuffing Roasted Garlic, Red Pepper, and Ricotta Calzone with Fresh Basil Summer Salad Parisienne Thai Tofu Saute with Chilies, Lime, and Lemongrass Grilled Eggplant and Tempeh Skewers with Peanut Dipping Sauce Creamed Corn and Cilantro Timbales with Spicy Blackberry Coulis Winter Squash and Sage Soup with Cardamom Dumplings Gorgonzola Potato Pancakes with Apple Dill Relish With many Almost Instant recipes preparation time of thirty minutes or less and a wide variety of meatless and vegan recipes, this book will show you how easy it is to adopt a healthier lifestyle with meat-free cooking! Each Recipe Includes a Complete Nutritional Analysis! This book will find a welcome home on the shelves of many cooks: cookbook collectors with an eye for the innovative; new vegetarians on the lookout for some new and different combinations of foods; even carnivores who are trying to cut down on meat but are worried about boring meals. Bryanna Clark Grogan, Vegetarian Times

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