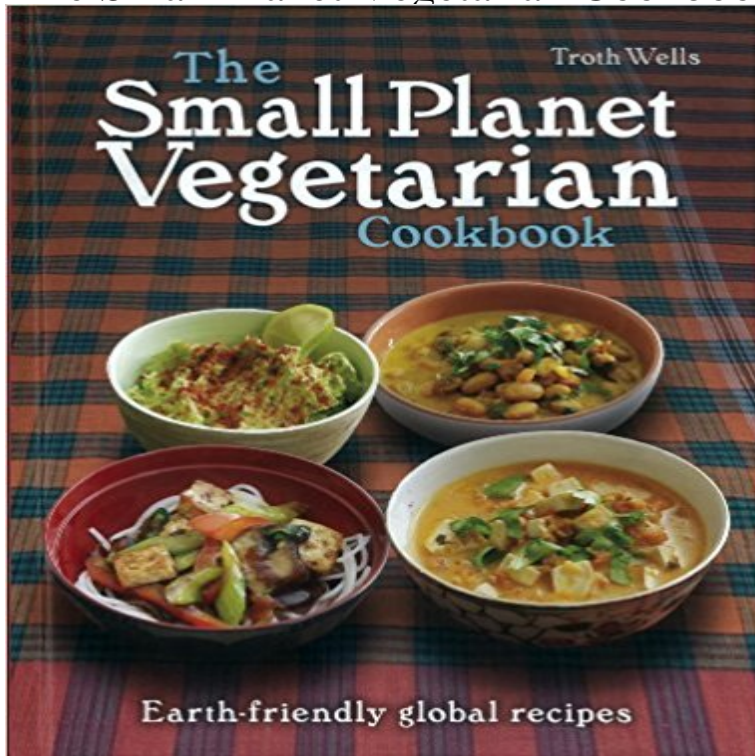


The Small Planet Vegetarian Cookbook



The Small Planet Vegetarian Cookbook introduces a global spread of delicious low-impact vegetarian dishes. There's something particularly enticing about a meal made up of several small dishes, as with Middle Eastern mezze or Spanish tapas. Troth Wells has taken this style of cooking and enjoying food and given it an exciting global dimension. Western livestock-rearing and industrial production of meat is not a model that can be projected worldwide - even if it were desirable. Moving towards a more vegetable-based diet is the only sustainable and healthy way to feed the world. Not everyone can or will give up eating meat at once, but this exciting Small Planet Vegetarian Cookbook will help the change.

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