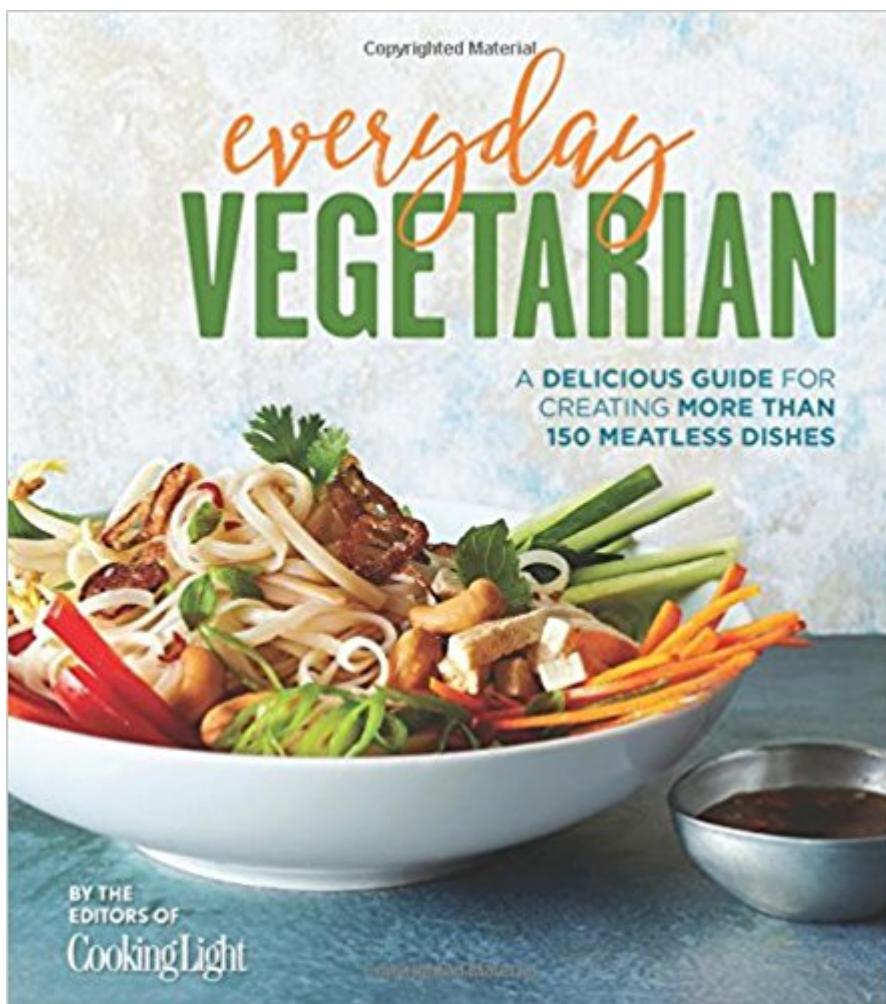


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# Everyday Vegetarian: A Delicious Guide For Creating More Than 150 Meatless Dishes



## Synopsis

Everyday Vegetarian is the ultimate resource for anyone—meat eaters included—who want to make satisfying vegetable-centric dishes using easy-to-find ingredients. This all-new book by the editors of Cooking Light, isn't just for vegetarians. It's for anyone who wants to add more fruits, vegetables, and whole grains to their meals and omit meat—without sacrificing flavor—even if it's just once or twice a week. Beyond the health benefits, you'll find plenty of bold flavors and rich textures in these appealing dishes that include fresh salads (Fried Egg and Crunchy Breadcrumb Breakfast Salad, Roasted Asparagus and Tomato Penne Salad with Goat Cheese), sandwiches (Avocado, Sprout, and Cashew Spread Sandwich; Portobello Sandwiches with Red Pepper Sauce), soups (Smoky Farro and Chickpea Soup), and hearty one-dish meals, risottos, and bowls (Quick White Bean, Asparagus, and Mushroom Cassoulet; Risotto Primavera; Brown Rice Bowl with Miso, Poached Egg, and Kale-Radish Slaw). Inside the book, you'll find: Over 150 flavorful recipes, including a full-color photograph of every dish; Complete nutritional information for every recipe; Vegan recipes are identified; A guide to building an everyday vegetarian kitchen, including details about versatile, flavor-building ingredients that are ideal to keep on hand; Techniques that visually explain a cooking method or procedure; Tips that provide insight on ingredients and advice on using them; A seasonal produce guide, metric equivalents, and much more; Find your place at the vegetarian table with this collection of crave-worthy meals and discover an immensely satisfying way to eat with Everyday Vegetarian.

## Book Information

Paperback: 352 pages

Publisher: Oxmoor House (May 16, 2017)

Language: English

ISBN-10: 0848749510

ISBN-13: 978-0848749514

Product Dimensions: 8.1 x 1.1 x 9 inches

Shipping Weight: 2.1 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 27 customer reviews

Best Sellers Rank: #25,406 in Books (See Top 100 in Books) #52 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables #54 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

## Customer Reviews

[View larger](#)   [Summer Fig And Watermelon Salad With Feta](#)   Hands-on: 15 minutes Total: 15 minutes Serves 4

Balsamic glaze is a syrup of concentrated, cooked-down, sweetened balsamic vinegar; it adds a sweet and tangy element to this refreshing salad. Look for it near the vinegar in the grocery store. You can also make your own: Pour balsamic vinegar into a saucepan and cook over medium heat until it's syrupy.

1. Arrange the watermelon on a serving platter; top evenly with the onion.

2. Halve the figs lengthwise; arrange the figs on the platter; sprinkle with the cheese.

3. Combine the oil, juice, and honey, stirring with a whisk. Drizzle over the salad; sprinkle with the mint and basil. Drizzle the balsamic glaze over the salad; sprinkle evenly with the salt and black pepper.

Calories 147; Fat 5.7g(Sat 1.9g, Mono 3g, Poly 0.6g); Protein 2g; Carb 23g; Fiber 2g; Sugars 19g (Est. Added Sugars 1g); Chol 8mg; Iron 1mg; Sodium 227mg; Calcium 80mg.

Ingredients

1/2 small watermelon, cut into wedges	1/2 cup thinly vertically sliced red onion	2 large fresh Calimyrna or other green-skinned figs, stemmed	2 large fresh Brown Turkey, Black Mission, or Striped Tiger figs, stemmed	2 large fresh Brown Turkey, Black Mission, or Striped Tiger figs, stemmed	1 tablespoon olive oil	1 teaspoon fresh lemon juice	1 teaspoon honey	1 tablespoon fresh mint sprigs	1 tablespoon fresh basil leaves	2 tablespoons balsamic glaze	1/4 teaspoon coarse sea salt	1/4 teaspoon freshly ground black pepper
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Excellent recipes with a lot of variety.

I was a vegetarian for 25 years or so, and still eat a lot of vegetarian dishes even though I've started incorporating meat again. So I've got a lot of vegetarian cookbooks, from the ubiquitous Moosewood to various "5 ingredient gourmet" type cookbooks. This one ranks highly even in an extensive collection, for both its recipes and its photos. I'd call many of these recipes more modern than a lot of other cookbooks, because it doesn't just rely on pasta and rice to fill you up. There are plenty of recipes with bulgar, faro, and quinoa, with lots of friendly how-to advice to make these ingredients more approachable if you're unfamiliar with them (I haven't cooked with faro, for example, even with all those other cookbooks). The recipes are very approachable overall, and instructions are clear and well-written. I haven't encountered any errors in measurements or instructions yet, either, and have only made slight adjustments for my own tastes. I'm one who really likes photos in cookbooks, so I love that this one has plenty. One of my biggest gripes with Moosewood (other than the bland flavors of so many of the recipes) was the lack of photos - especially for recipes made with ingredients I've never used before. I even found myself wanting to make some of the beet recipes

because they looked delicious - and I hate beets (they taste like dirt to me). The images are editorial (which I'd expect from magazine publishers), but they also look achievable. I really like that most of the dishes in this cookbook would make great one- or two-dish meals. (If you're having a meat night, you could toss in shrimp or stir-fried chicken on many of them, too.) And for vegans, appropriate recipes are clearly marked to make selection easier. Other handy add-ons are volume conversion charts and produce seasons, plus recipes include nutrition information and tips (like how to cook faro or how to choose fresh figs). One star off because of what's missing, though - there are no recipes for either breakfast or dessert. This is strictly a lunch/dinner cookbook, which I found disappointing. I was looking forward to some egg-free vegetarian breakfasts and vegan dessert ideas, but will have to look at other specialty cookbooks for those.

Prepare yourself to try something new. This cookbook has some very interesting and delicious recipes. It is well written and begins with a description of some of the ingredients that you will be using, how to use them, and what kind of flavor they provide. For example, you might learn about tempeh, which is something I had never tried before but brings an interesting element to many dishes. Each recipe also has a picture that shows you what the dish is supposed to look like. So far, I have had no trouble finding any of the ingredients that I needed. Overall, the recipes are straightforward and easy enough if you can follow a recipe. I really don't think you would even need much knowledge of cooking to use this cookbook. Everything is explained well. Each recipe also includes nutritional information, so you can track your intake. I'm not a vegetarian, but I still like the cookbook. Some of my favorite recipes are the grilled vegetable lasagna, fried egg and avocado toasts, florentine frittata with bruschetta toppings, sweet and sour roasted napa cabbage wedges (delicious!), and ripe summer tomato gratin with basil. The food is extremely colorful and presents well.

Cooking Light Magazine has been around for about 30 years. During that time, I've run across and used many of the 100 or so recipes that they publish each month. My experience told me that this book would be packed with many health-conscious and mostly straight-forward recipes. Not "cheffy" recipes, but recipes well-suited for those of us who slug our way through major chain grocery stores for ingredients and put together a meal after a full day of work (home mothers and fathers included). After working with this book for a month, I can say that my assumptions were right--for the most part. I am here to say that I found some surprises in this cookbook! I found some recipes in this book that have delighted and inspired me. For instance, I now keep a supply of wasabi peas on my

pantry shelf due to a recipe I found way back in the Beans, Eggs & Soy Chapter: Wasabi Pea Tofu With Red Cabbage and Leeks, (beautiful green and purple contrasting colors). The gem of inspiration was running a quarter cup of wasabi peas through the food processor and coating the tofu slices with the crumbs before frying in canola oil. I've been a wasabi pea fool lately, using them in many dishes. Here is another: Grind up a head of cauliflower, bake it on a sheet pan, squeeze it dry, combine it with egg and mozzarella cheese--and make a pizza crust with the cauliflower "dough". Bake it in 8" rounds, as the recipe instructs, or get creative (as I did) and bake it in tiny cracker-size shapes as I did (the second time I made up a batch). I like all the grains used in the recipes. I like all the soups (especially the Rustic Tomato Soup that incorporates food processor-chopped up carrots, celery, onion and fennel in addition to tomatoes. There are decent full-color pictures of each recipe. Page layout and type size and style are easy on the eyes. Ingredient lists are straight forward and listed in order of their use in the recipe. Instructions are clear and leave no doubts as to how to proceed. Index is adequate and not frustrating.

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