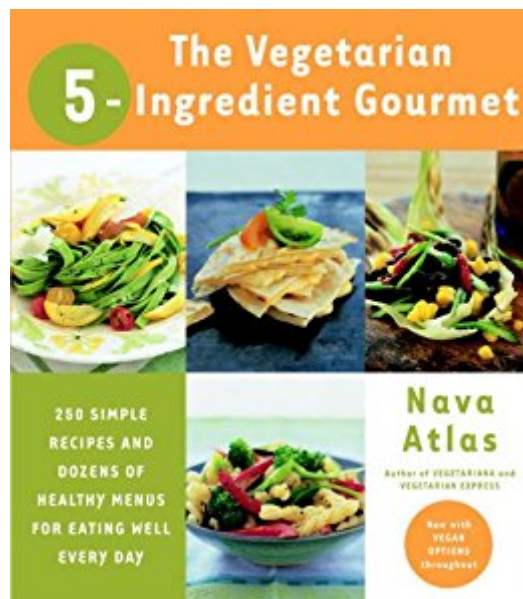


The book was found

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

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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.

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