

Peace Parsnips Adventurous Vegan Cooking For Everyone 200 Plant Based Recipes Bursting With Vitality Flavor Inspired By Love Travel

Ellie Bullen

Peace & Parsnips Lee Watson, 2016-05-31 Plant-based recipes from a fun-loving, world-wandering chef you'll want to follow everywhere! Chef Lee Watson was once, in his own words, "the mightiest nose-to-tail carnivore of them all." But four years ago, he went completely vegan—and today, he's an easygoing evangelist for peaceful, plant-full eating! Now, *Peace & Parsnips* captures 200 of Lee's extraordinarily creative recipes, all "rooted" in his love of life and his many travels—from the streets of Mexico and the food bazaars of Turkey to the French countryside, the shores of Spain, the spice markets of India and beyond! Twelve chapters burst with gorgeous photos (200 in all!), tempting us with Lee's mouthwatering recipes—all meat-free, dairy-free and egg-free, and many gluten-free—that are brimming with goodness. Get set to savor: Breakfast: Plantain Breakfast Burrito with Pico de Gallo Smoothies, Juices & Hot Drinks: Healthy Hot Chocolate Soups: Zen Noodle Broth Salads: Fennel, Walnut & Celeriac Salad with Caesar-ish Dressing Sides: Turkish-Style Spinach with Creamy Tofu Ricotta Nibbles, Dips & Small Plates: Shiitake Tempura with Wasabi Mayo Big Plates: Parsnip & Walnut Rumbledethumps with Baked Beans Curries: Roasted Almond & Kohlrabi Koftas with Tomato & Ginger Masala Burgers & More: Portobello Pecan Burgers with Roasted Pumpkin Wedges Baked & Stuffed: Mexican "Pastor" Pie Sweet Treats: Raw Blueberry & Macadamia Cheesecake; Dark Chocolate & Beet Brownies Sauces, Dressings, Toppers & other Extras: Smoky Chipotle & Cauliflower Cheese Sauce; Tofu & Herb Feta! Lee's thoughtful, enthusiastic advice makes it easier than you think (and great fun) to create unforgettable meals from an inspiring array of seasonal fruits, fresh vegetables and easy-to-find staples. This is food that explodes with flavor, color and texture—and will delight and nourish everyone.

Peace & Parsnips: Adventurous Vegan Cooking for Everyone: 200 Plant-Based Recipes Bursting with Vitality & Flavor, Inspired by Love & Travel: Adventurous Vegan Cooking for Everyone: 200 Plant-Based Recipes Bursting with Vitality & Flavor, Inspired by Love & Travel Lee Watson, 2016-05-31 Plant-based recipes from a fun-loving, world-wandering chef you'll want to follow everywhere! Chef Lee Watson was once, in his own words, "the mightiest nose-to-tail carnivore of them all."

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The Happy Pear: Vegan Cooking for Everyone David Flynn, Stephen Flynn, 2020-07-09 The ultimate vegan cooking bible! From the plant-based newbie to the experienced vegan, this cookbook will inspire you to become the best plant-based cook you can possibly be. David and Stephen (a.k.a the No. 1 Bestselling Happy Pear twins) are here to teach you just how many different meat-free meals you can make using the same key ingredients and methods. Using their simple recipe grid method, you'll learn how to adapt each dish to your taste, to your budget or to whatever you have in the cupboard. You'll also discover over 200 versions of healthy and delicious recipes anyone can make, including: - Fluffy coconut granola for breakfast - Home-made vegan pizza for lunch - Creamy broccoli pie for dinner - Carrot cake with vegan cream cheese frosting for dessert Teaching you the fundamentals of taste and texture, soon you'll have the confidence to swap ingredients in and out and even come up with vegan recipes of your own. 'These lovely boys always create incredibly tasty food' Jamie Oliver 'Proper good food . . . hearty, decent and delicious' Russell Brand 'The poster boys for a healthy way of life!' Sunday Times 'Great people, unbelievable food' Joe Wick

The Traveling Vegan Cookbook Kirsten Kaminski, 2021-05-18 Take a Journey With the Best Vegan Recipes the World Has to Offer! Kirsten Kaminski, creator of The Tasty K and vegan travel aficionado, is here to take you on a voyage through incredible plant-based versions of her favorite international recipes, all from the comfort of your own home. And with helpful tips and tricks for traveling as a vegan, you’ll never go hungry on any of your future globe-trotting adventures. Whip up a feast for your guests with a mezze platter inspired by Kirsten’s memories of many warm nights spent in cozy Greek taverns,

or indulge in a smooth and rich Lentil Moussaka, featuring a homemade béchamel sauce based on a favorite recipe from her time living in Cyprus. Discover the plant-based way to make sabich (complete with a vegan “egg”) through a recipe that mimics the creamy, silken version she came to love while living in Tel Aviv. Fall head over heels for matcha, just as Kirsten did during her travels in Japan, as you luxuriate in totally dairy-free Matcha Ice Cream. And be transported to the sunny streets of Mexico as you bite into the tender, street-style Elotes that call back to her high school years. With this exciting cookbook, you’ll eat your way through the Mediterranean, Middle East, Asia and Latin America, all without compromising flavor or your vegan diet. So take a bite, take a journey and let *The Traveling Vegan Cookbook* be your guide to showstopping deliciousness from around the world.

The Spicy Plant-Based Cookbook Adams Media, 2021-01-19 Take your recipes from bland to bold with these 200 easy, plant-based recipes that are full of flavor for every meal of the day. Just because your diet is plant-based doesn’t mean that you have to give up on all of your favorite flavors. There are so many meals bursting with spicy flavor that you can enjoy all day long! *The Spicy Plant-Based Cookbook* has 200 delicious, mouth-watering recipes that pack a punch with every bite...and keep you feeling healthy and strong. From breakfast to dinner, to desserts and drinks, you’ll find the perfect plant-based recipes that you’ll love to make over and over again. With recipes like jalapeno hash browns to a mango chili sorbet, these spicy dishes are sure to make every spice-enthusiast satisfied. Complete with easy, step-by-step instructions and plenty of preparation tips, this book has everything you need to add a little extra heat to your favorite healthy, plant-based recipes.

My Vegan Travels Jackie Kearney, 2017-10-24 75 satisfying plant-based recipes for comfort food from around the world. A food-lover and keen traveler, Jackie Kearney became a favorite MasterChef UK finalist in 2011 thanks to her creative approach to vegetarian and vegan cooking that took inspiration from all over the world. However, if there is one thing that she loves to cook most, it is those comfort food classics that can satisfy any hunger pangs—and in this collection of vegan recipes, she shows how easy it is to do that as part of a plant-based diet. She begins with flavors from her childhood in *No Place Like Home*, featuring recipes such as Root Vegetable Rosti with Home-made Beans and Smoky Tempeh, and Savoy-wrapped Quinoa Roast. *European Summers* follows with a selection of relaxed dishes like Campfire Risotto with Asparagus and Lemon, French Onion Soup with Cashew Cheese Croutons, and Roasted Eggplant Lasagne with Puy Lentils. Jackie is renowned for her love of Asian flavors, so the next chapter, *Asian Comfort*, is where her passion really shines. Try Beet and Watercress Samosas with Pineapple Chutney, Shami Kebab served in a fluffy white naan, or the classic South-east Asian soup Singaporean Laksa. For dessert, a Chai-spiced Rice Pudding with Ginger Cookies is the perfect winter warmer. Then, inspiration comes from across the USA with a vegan take on the classic NYC deli sandwich—Reuben's Honestly—and Tevo's Texan Scramble Breakfast Burrito, as well as those best-loved sweet treats such as the Aint' No Vooodoo Raspberry Chai Donuts. With a guide to the vegan storecupboard and some basic recipes for Easy Vegan Mayo, Cashew Cream, Flax Eggs,

and Almond Ricotta, this is the essential book for all those looking for deliciously satisfying plant-based food.

The Global Vegan Ellie Bullen,2019-08-27 From the author of the bestselling *Elsa's Wholesome Life*, Ellie Bullen returns with *Global Vegan*, a collection of simple and delicious recipes inspired by her travels around the world to places such as Indonesia, India, Korea and Japan. Ellie's plant-based dishes are infused with her trademark flavour, colour and texture and will have you eating well throughout the day. There are vibrant smoothie bowls or vegan fried eggs for easing into the morning; Salt and Pepper 'Calamari', Tom Kha Gai Soup or Aloo Jeera when you need something more substantial; and chai-spiced cookies or Portuguese custard tarts to have with an afternoon cuppa. There are also healthy, plant-based versions of well-known favourites, such as Pad Thai, Fish and Chips and Spicy Ramen Soup. A qualified dietitian, Ellie explains everything you need to know about adopting a plant-based diet, including how to get enough iron and achieve the right balance of carbs, proteins and good fats. With extraordinary travel photography scattered throughout, *Global Vegan* is an explosion of colour and flavour, and is imbued with Ellie's unique sense of adventure and her love of plants. It is the perfect book for anyone who wants to cook simple, healthy and flavour-packed vegan food. This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

Simply Vibrant Anya Kassoff,2018-02-06 A colorful take on whole foods cooking--everyday dishes that are seasonal, clean, and nourishing, from the author of *The Vibrant Table*. With everyday recipes inspired by the seasons and practical preparations, Anya Kassoff leads the way to colorful, internationally-flavored foods that delight the palate and the eyes. This book offers a modern way to eat—breaking the boundaries between sweet and savory with intuitively nourishing foods. Start your day with Creamy Steel Cut Oats with Rainbow Chard and Pine Nuts, throw together a rainbow-colored salad for lunch or make black rice sushi for a quick snack, and later, feed your sweet tooth and your body with Sweet Potato Chocolate Brownies. This is fresh, fun, delightful whole food.

Gluten-Free, Vegan Cooking in Your Instant Pot® Kathy Hester,2020-02-25 Healthy Meals That Taste as Good as They Make You Feel Kathy Hester, bestselling author of *The Ultimate Vegan Cookbook for Your Instant Pot®*, brings her signature simple style to this exciting new vegan recipe collection. From Chickpeas and Dumplings to The Easiest Vegan Mac and Cheese to Onion and Molasses Baked Beans and even Almond Berry Cake, each delectable recipe is made from whole foods and is not only plant-based and gluten-free but also soy-free, refined sugar-free and has low or no salt. This cookbook makes it easy to prepare amazing meals that are truly good for you! With these wholesome Instant Pot® recipes, you can have all the developed flavor of low and slow cooking in half the time with meals like Jackfruit White Bean Chili and Veggie Hunter's Lentil Quinoa Stew. You can even prepare kitchen staples tailored to your dietary needs with recipes like Easy DIY Yogurt without Soy!, No-Oil Vegan Corn Butter and Oil-Free Chickpea Sliceable Cheese. So whether you're a full-time vegan, gluten-intolerant or just looking to make healthier choices, this book has something for everyone.

Green Kitchen Travels David Frenkiel, Luise Vindahl, 2014-09-15 Delicious, nutritious and healthy vegetarian and vegan food, inspired by flavors from around the world, from the Green Kitchen Stories family. The Green Kitchen Stories family David, Luise and their children are a family who love to travel. Hungry to see and taste more of the world, they embarked on an around-the-world trip with their seven-month-year-old. Start the day with indulgent almond pumpkin waffles from San Francisco, tuck into a raw beansprout pad thai from Thailand for lunch, and a Sri Lankan vegetable curry for supper. With easy to find ingredients and simple instructions, these recipes are sure to be a success. With stunning photography and food styling, as well as personal anecdotes and images from the authors' travels, Green Kitchen Travels shares modern and inspiring vegetarian, vegan and gluten-free recipes for all appetites.

Robin Robertson's Vegan Without Borders Robin Robertson, 2014-09-09 The acclaimed vegan chef shares 150 dishes from around the world with easy plant-based recipes from Ecuador to Ethiopia and beyond. With this mini-immersion into global cooking, Robin Robertson demonstrates that many international cuisines are naturally free of the meat-and-potatoes constraints of the typical Standard American Diet (SAD). Drawn from the culinary traditions of Europe, the Americas, Africa, the Middle East, India, and Asia, these recipes are healthy, accessible, and full of flavor. Organized by country or region of the world, Vegan Without Borders includes family-style comfort foods, global ethnic favorites, and creative new dishes inspired by the classics, all developed to satisfy a variety of mealtime desires. Robin also notes which recipes are gluten free, soy free, low in oil, or especially quick and easy. Recipes include: Polenta Rustica with Kale and Bean Ragout Potato Gratin Dauphinoise Baked Eggplant Fries with Tzatziki Sauce Chickpea Nuggets with Buffalo Barbecue Ranch Sauce Blue Ribbon Chocolate Cake Mojito Sweet Potatoes Melon Paletas Za'atar Roasted Cauliflower Lemongrass Coconut Rice Red-Cooked Tempeh Sizzling Saigon Crepes Bangkok Street Cart Noodles

Flavors of the Earth Flame Flavor Fiesta Waki, 2023-09-11 Welcome to Flavors of the Earth: 104 Plant-Based Recipes, a cookbook that will help you explore the exciting, delightful world of plant-based cooking! This cookbook is designed to inspire you to make delicious, healthy, and creative plant-based recipes that you can enjoy anytime. With this book, you'll learn how to make a variety of dishes that are sure to please your taste buds. Whether you're a beginner looking for simple recipes or an experienced cook looking to advance your skills, you'll find plenty of useful information in Flavors of the Earth. The recipes include a range of ingredients, flavors, textures, and colors that will help you create a lively menu any day of the week. With quick and convenient recipes to choose from, you'll find yourself making cuisine that will please all types of eaters. Flavors of the Earth: 104 Plant-Based Recipes offers a comprehensive selection of plant-based dishes, from basic to gourmet. Whether you're looking for a simple soup, a hearty stew, or an elaborate casserole, you'll find recipes for every taste and skill level. From easy grain and legume salads to intricate chilis and curries, you won't have to worry about feeling bored or unchallenged. This cookbook also includes a range of sauces and dressings, so you can serve your freshly cooked

dishes with the flavor and texture you love. No matter what you're looking for—from zesty condiments to creative sandwiches to the perfect vegan dessert—you'll find what you need in *Flavors of the Earth*. From simple snacks to multi-course meals, this cookbook is full of delicious recipes that you can veganize to suit your dietary needs. Every meal in this cookbook is bursting with flavor from ingredients like fresh fruits and vegetables, leafy greens, legumes, whole grains, nuts, and seeds. The flavors in this cookbook will have you coming back to your kitchen again and again. You'll learn how to cook with globally inspired flavors that will have your taste buds jumping. From nutty curries and light stir-fries to masterfully layered lasagnas and hearty chili bowls, you'll find yourself using flavors from the Middle East, Asia, North America, and beyond. Best of all, you'll be able to enjoy the gifts of the earth in plant-based meals that are both good for you and for the planet. From hearty quinoa bowls to silky smoothies to decadent desserts, you'll learn to use fruits, vegetables, grains, and legumes in delicious and creative ways that are both healthy and sustainable. You'll love that all of the recipes you make are not only easy to prepare, but sure to please any plant-based or omnivore palates alike. We hope that you'll be inspired to try some of the delicious recipes in this cookbook and that you'll look to *Flavors of the Earth* for your next plant-based dinner party. With this guidebook, you'll bring the tastes, colors, and textures of the world to your plate each and every day. Bon Appétit!

Effortless Vegan Sarah Nevins, 2020-06-16 Satisfying Plant-Based, Gluten-Free Meals Without the Hassle Who says preparing vegan, gluten-free meals has to be so hard? Get back to enjoying your time in and out of the kitchen with *Effortless Vegan*. Painless to prep, simple to cook and completely plant based and gluten free, these delicious recipes focus on full flavors, clean eating and efficiency. Make breakfast the most important and easiest meal of the day with a filling 10-Minute Smashed Chickpea Scramble or sweet and sustaining Cinnamon-Banana Socca Pancakes. Not to worry if you're more of a lunch or dinner person! Try one of many incredible 30-minute or less meals, like savory Sweet Potato & Black Bean Avocado-Tahini Wraps or spicy Paprika-Roasted Cauliflower Steaks. Love to cook but hate the cleanup? Give your time and taste buds the gift of a one-pot wonder, like the superb Pizza Supreme Casserole. And if dessert is your favorite port of call, you'll fall in love with any of the delectable 5-ingredient sweets, such as the deliciously elegant Mixed Berry Crumble or guilt-free Boozy Peach-Mango Sorbet. Leave your stress behind with this collection of straightforward, no-fuss recipes that make vegan cooking so easy it's effortless.

Plant-Based Comfort Food Classics Sandra Vungi, 2021-10-05 *Plant-Based Comfort Food Classics* contains only the best selection of amazingly tasty recipes that will make your family and friends fall in love with all these new yet comforting tastes. Guests at your vegan dinner party will talk about these recipes for years to come! *Plant-Based Comfort Food Classics* has you covered from soups, salads, and spreads to main dishes and cakes. You can even find a whole selection of dreamy no bake desserts and a barbecue and Christmas special. Recipes include: • Curried chickpea and avocado salad • Crispy “fish” fingers • Meaty lentil balls • Heavenly cabbage rolls • Savory filled pancakes • Lentil and vegetable pie • Baked onions with

creamy lemony mushroom filling • Dreamy no-bake chocolate cherry cake • Carrot and peanut butter brownies • Decadent pull-apart cinnamon bread • Black pudding sausages • And more! The recipes in the book are doable and affordable and are made with familiar ingredients that you can find in your local grocery store—no fancy, complicated, and expensive ingredient lists! The dishes are home-style, flavorful, and filling. With sixty-four delicious recipes and beautiful, full-color photographs, *Plant-Based Comfort Food Classics* is the perfect cookbook for all of your friends, whether they're vegan or not! Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a *New York Times* bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

[The Buddhist Chef](#) Jean-Philippe Cyr, 2019-10-29 100 simply delicious vegan recipes--good for the planet, and for you--from the chef and blogger behind *The Buddhist Chef*. A practicing Buddhist for over two decades, Jean-Philippe Cyr, aka *The Buddhist Chef*, believes that everyone has the power to make their vision of the world a reality--and that the most impactful way to do that is through the food we choose to make, eat, and share. This realization led him to veganism, which transformed his life and health. In this cookbook, he shares how to make classic dishes vegan, easy, and so delicious and show-stopping that everyone--even the pickiest of eaters--will love them. *The Buddhist Chef* is a collection of Jean-Philippe's best vegan recipes that will become a mainstay in vegan and non-vegan kitchens alike. The recipes are perfect for long-time vegans, those trying out a vegan diet for the first time, or those simply trying to eat more plant-based foods. Inspired by cuisines from all around the world, these recipes offer something for everyone. Enjoy breakfast and brunch recipes like Vegan Shakshuka and Maple Baked Beans, or salads and protein-packed bowls like Beet Carpaccio or Tempeh Poke Bowl. Transform your dinners with hearty mains like Eggplant Parmigiana, General Tso's Tofu, and Mushroom Poutine. Indulge in vegan desserts like Chocolate Lava Cake or have a nourishing snack like Coconut Matcha Energy Balls. With delicious recipes for every meal of the day, *The Buddhist Chef* is a celebration of healthy, plant-based dishes that will have everyone at the table, vegan or not, wanting more.

Weeknight One-Pot Vegan Cooking Nicole Malik, 2019-12-03 Exciting Plant-Based Meals without the Mess Plant-based cooking just got easier than ever! Cleanup is a snap when your dinner cooks in one dish, and getting more plants into your diet is downright delicious with approachable yet inspired recipes like: Crispy Black Bean Chilaquiles Hoisin-Glazed Stuffed Acorn Squash Jamaican Jerk Veggie & Pineapple Lettuce Wraps Louisiana-Style Cajun Jambalaya Creamy Pumpkin

Risotto with Fried Sage Chickpea Burgers with Sweet Mustard Sauce Street Corn Pita Pockets Mango Tango Pesto Pasta Balsamic Strawberry & Avocado Quinoa You won't find any salads or tofu here! Perfect for vegans, vegetarians and veggie-loving omnivores alike, this book centers on whole food recipes for more nutritious, satisfying meals without sacrificing flavor. Even on your busiest weeknights, these simple yet delicious meals will please the whole family with time to spare.

Blissful Basil Ashley Melillo, 2016-12-20 Experience the happiest side of life through beautiful, nourishing foods. Ashley Melillo believes in enjoying a wide array of wholesome foods in order to thrive—physically, mentally, and emotionally. For her blog, Blissful Basil, she finds innovative ways to use plants for fun, flavorful dishes that keep her readers coming back. Her gorgeous debut cookbook brings brand-new recipes, plus a handful of signature dishes, from her kitchen to yours. Blissful Basil focuses on bringing out the best flavors of whole foods and features more than 100 plant-based dishes that will delight vegans, vegetarians, and meat-eaters alike. What's more, most of the recipes are free from gluten, soy, and refined sugars. Inside, you'll discover a variety of new creations and fan favorites, including: - Raw Apple-Cinnamon Breakfast Parfait with Cinnamon Soft-Serve - Burst Heirloom Tomato + SuperSeed Pesto Pasta - Cosmically Fudgy Cacao-Tahini Brownies - Crispy Parmesan Brussels Sprout Chips with Lemon Aioli - Crispy Cauliflower Tacos with Tangy Slaw + Avocado Crema - Pile 'Em High Epic Plant-Powered Nachos Blissful Basil offers a vibrant journey through vegan cooking, where delicious plant-based foods become the colorful foundation for meals that nourish the body and delight the senses. When you treat plants with love and a splash of creativity, you'll discover dishes that are flavor-packed and satisfying, whether it's a quick breakfast or a savory dinner. This is a cookbook for anyone in search of an accessible way to cook and enjoy more delicious, health-giving meals. Make your table a blissful place where wonderful foods rejuvenate your body, delight your palette, and enhance your well-being. With Blissful Basil, each meal is a new opportunity to choose foods that are as beneficial as they are delectable.

Sweet Potato Soul Jenne Claiborne, 2018-02-06 100 vegan recipes that riff on Southern cooking in surprising and delicious ways, beautifully illustrated with full-color photography. Jenné Claiborne grew up in Atlanta eating classic Soul Food—fluffy biscuits, smoky sausage, Nana's sweet potato pie—but thought she'd have to give all that up when she went vegan. As a chef, she instead spent years tweaking and experimenting to infuse plant-based, life-giving, glow-worthy foods with the flavor and depth that feeds the soul. In *Sweet Potato Soul*, Jenné revives the long tradition of using fresh, local ingredients creatively in dishes like Coconut Collard Salad and Fried Cauliflower Chicken. She improvises new flavors in Peach Date BBQ Jackfruit Sliders and Sweet Potato-Tahini Cookies. She celebrates the plant-based roots of the cuisine in Bootylicious Gumbo and savory-sweet Georgia Watermelon & Peach Salad. And she updates classics with Jalapeño Hush Puppies, and her favorite, Sweet Potato Cinnamon Rolls. Along the way, Jenné explores the narratives surrounding iconic and beloved soul food recipes, as well as their innate nutritional benefits—you've heard that dandelion, mustard, and turnip greens, okra, and black eyed peas are nutrition superstars, but here's how to make them super tasty, too. From decadent

pound cakes and ginger-kissed fruit cobblers to smokey collard greens, amazing crabcakes and the most comforting sweet potato pie you'll ever taste, these better-than-the-original takes on crave-worthy dishes are good for your health, heart, and soul.

The Plantpower Way Rich Roll, Julie Piatt, 2015-04-28 A transformative family lifestyle guide on the power of plant-based eating—with 120 recipes—from world-renowned vegan ultra-distance athlete Rich Roll and his chef wife Julie Piatt Created by renowned vegan ultra-distance athlete and high-profile wellness advocate Rich Roll and his chef wife Julie Piatt, *The Plantpower Way* shares the joy and vibrant health they and their whole family have experienced living a plant-based lifestyle. Bursting with inspiration, practical guidance, and beautiful four-color photography, *The Plantpower Way* has more than 120 delicious, easy-to-prepare whole food recipes, including hearty breakfasts, lunches, and dinners, plus healthful and delicious smoothies and juices, and decadent desserts. But beyond the plate, at its core, *The Plantpower Way* is a plant-centric lifestyle primer that finally provides the modern family with a highly accessible roadmap to long-term wellness and vibrant body, mind, and spirit health. *The Plantpower Way* is better than a diet: It's a celebration of a delicious, simple, and sustainable lifestyle that will give families across the country a new perspective and path to living their best life.

Vegetarian Suppers from Deborah Madison's Kitchen Deborah Madison, 2012-06-06 The author of the bestselling cookbook classic, *Vegetarian Cooking for Everyone* and the forthcoming *In My Kitchen*, solves the perennial question of what to cook for dinner in her first collection of suppertime solutions, with more than 100 inspiring recipes to enjoy every night of the week. What's for supper? For vegetarians and health-conscious nonvegetarians, the quest for recipes that don't call for meat often can seem daunting. Focusing on recipes for a relaxing evening, Deborah Madison has created an innovative array of main dishes for casual dining. Unfussy but creative, the recipes in *Vegetarian Suppers from Deborah Madison's Kitchen* will bring joy to your table in the form of simple, wholesome, and delicious main dish meals. These are recipes to savor throughout the week—quick weekday meals as well as more leisurely weekend or company fare—and throughout the year. The emphasis is on freshness and seasonality in recipes for savory pies and gratins, vegetable stews and braises, pasta and vegetable dishes, crepes and fritters, delicious new ways to use tofu and tempeh, egg dishes that make a supper, hearty cool-weather as well as light warm-weather meals, and a delightful assortment of sandwich suppers. Recipes include such imaginative and irresistible dishes as Masa Crêpes with Chard, Chiles, and Cilantro; Spicy Tofu with Thai Basil and Coconut Rice Cakes; Lemony Risotto Croquettes with Slivered Snow Peas, Asparagus, and Leeks; and Gnocchi with Winter Squash and Seared Radicchio. Vegan variations are given throughout, so whether you are a committed vegetarian or a “vegophile” like Deborah Madison herself, you'll find recipes in this wonderful new collection you will want to cook again and again. I love supper. It's friendly and relaxed. It's easy to invite people over for supper, for there's a quality of comfort that isn't always there with dinner, a meal that suggests more serious culinary expectations—truly a joy to meet, but not all the time.

Supper, on the other hand, is for when friends happen to run into each other at the farmers' market or drop in from out of town. Supper is for Sunday night or a Thursday. Supper can be impromptu, it can be potluck, and it can break the formality of a classic menu. With supper, there's a willingness to make do with what's available and to cook and eat simply. It can also be special and beautifully crafted if that's what you want. —from the Introduction

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