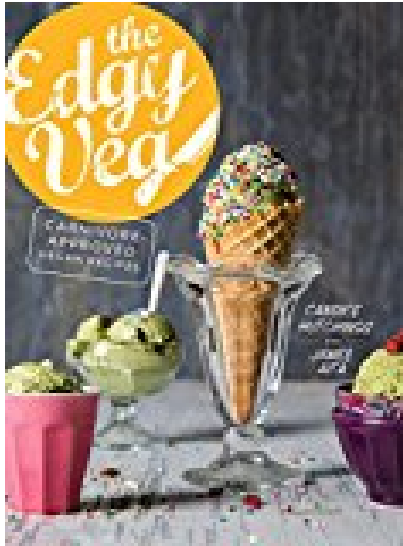


The Edgy Veg Carnivore-Approved Vegan Recipes



BOOK DETAILS

- Author : Candice Hutchings
- Pages : 256 Pages
- Publisher : Robert Rose
- Language : English
- ISBN : 0778805816

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BOOK SYNOPSIS

Who knew vegetables could taste so good? Moskowitz and Romeros newest delicious collection makes it easier than ever to live vegan. Youll find more than 250 recipes-plus menus and stunning color photos--for dishes that will please every palate. All the recipes in Veganomicon have been thoroughly kitchen-tested to ensure user-friendliness and amazing results. And by popular demand, the Veganomicon includes meals for all occasions and soy-free, gluten-free, and low-fat options, plus quick recipes that make dinner a snap. Recipes include: Autumn Latkes Samosa Stuffed Baked Potatoes Grilled Yuca Tortillas Baby Bok Choy with Crispy Shallots Chile-Cornmeal Crusted Tofu Po Boy Roasted Eggplant and Spinach Muffuletta Jicama-Watercress-Avocado Salad with Spicy Citrus Vinaigrette Acorn Squash, Pear and Adzuki Soup Tomato Rice Soup with Roasted Garlic and Navy Beans Asparagus and Lemongrass Risotto Almost All-American Seitan Pot Pie Hot Sauce-Glazed Tempeh Black Eyed Pea Collard Rolls Chocolate Hazelnut Biscotti Pumpkin Crumb Cake with Pecan Streusel

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