



Good Eating's Vegetarian Cooking: Healthy Vegetarian and Vegan Recipes for Appetizers, Entrees and Desserts

Chicago Tribune Staff

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Good Eating's Vegetarian Cooking presents exciting yet simple vegetarian and vegan recipes selected or created by Kay Stepkin, author of "The Veggie Cook" column for the *Chicago Tribune*. Along with each recipe is an explanation of why Stepkin chose it for the column, often including dietary benefits, the origin of the dish, and how the flavors complement one another or the time of year.

Organized by course, this book makes it easy to find the vegetarian or vegan dish you're looking for. *Good Eating's Vegetarian Cooking* includes interesting information on the origins of most of its dishes and discusses which ingredients contain important nutrients to supplement plant-based diets. Hearty recipes based off rice and beans are included, along with more exotic global dishes and decadent desserts.

Good Eating's Vegetarian Cooking is a guide to everyday vegan and vegetarian cooking. It includes dishes from many cultures, as well as methods for making more traditional vegetarian dishes exciting. The book is great for vegetarians looking for variety, as well as those who wish to bring more flavorful meatless dishes to their home.

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Melissa Kim:

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Helen Albertson:

People live in this new moment of lifestyle always make an effort to and must have the spare time or they will get wide range of stress from both day to day life and work. So , when we ask do people have extra time, we will say absolutely yes. People is human not just a robot. Then we inquire again, what kind of activity do you have when the spare time coming to a person of course your answer will probably unlimited right. Then ever try this one, reading books. It can be your alternative within spending your spare time, the book you have read is Good Eating's Vegetarian Cooking: Healthy Vegetarian and Vegan Recipes for Appetizers, Entrees and Desserts.

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