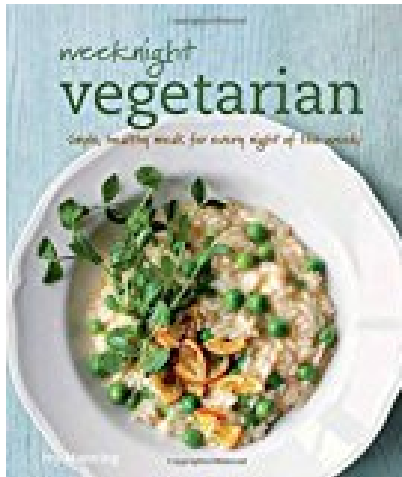


Weeknight Vegetarian



BOOK DETAILS

- Author : Ivy Manning
- Pages : 208 Pages
- Publisher : Weldon Owen
- Language : English
- ISBN : 1616288159

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BOOK SYNOPSIS

Weeknight Vegetarian shows how to put a tempting meatless meal on the table every night of the week. Using fresh produce, whole grains, vegetable-based protein, and healthy fats as the foundation, author Ivy Manning transforms fresh ingredients into tempting dishes. Organized by season, chapters open with advice about the fresh ingredients and cooking methods best suited to the time of year. Clever tips throughout offer enticing ways to reound out meatless meals, customize recipes to personal tastes, menu planning strategies, and helpful ideas for turning leftovers into new suppers later in the week.

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