



Cook without a Book: Meatless Meals: Recipes and Techniques for Part-Time and Full-Time Vegetarians

Pam Anderson

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There are a lot of compelling reasons to eat less meat these days, but the shift to a totally or even partly vegetarian lifestyle is easier said than done for many beef, poultry, and fish lovers. In *Cook without a Book: Meatless Meals*, best-selling author Pam Anderson encourages readers to eat meat-free a day or two a week and makes it easy to do so with recipes for simple, fun vegetarian and vegan meals that are made from accessible, wholesome ingredients. To help readers prep their kitchens for meatless cooking, she includes tips and techniques for stocking the pantry and refrigerator. Instead of presenting complicated, inflexible recipes, she lays out blueprints with ingredient options for everything from hearty breakfasts and fun salads and sandwiches to satisfying main courses--so readers can craft a rewarding dish exactly to their personal tastes.

Colorful, comprehensive, and perfect for parents, caretakers, and singles and couples alike, *Cook without a Book: Meatless Meals* will show all aspiring vegetarians that eating a little (or a lot) less meat can be simple, healthy, and totally delicious.

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