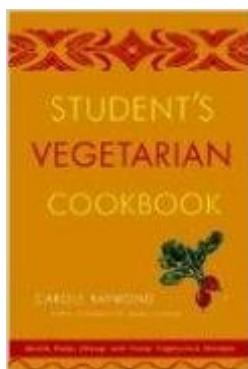


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Student's Vegetarian Cookbook, Revised: Quick, Easy, Cheap, And Tasty Vegetarian Recipes



Synopsis

Some people are vegetarians because they think a meat-free diet is good for you. Some believe it's good for the planet. Others just want tasty food; they want it cheap, they want it easy, and they want it now. Whatever your reasons, check out this book's 135 great-tasting vegetarian recipes, including Gingered Chinese Greens Stir-Fry, Moroccan Stew, Chipotle-Black Bean Chili, Pita Pizza Crust, Cremini Mushroom Burger, French Toast 2000, Banana Bread, Chapati with Confetti Salad, and much, much more!

Book Information

Paperback: 288 pages

Publisher: Clarkson Potter; 2nd Rev ed. edition (June 24, 2003)

Language: English

ISBN-10: 0761511709

ISBN-13: 978-0761511700

Product Dimensions: 5.4 x 0.5 x 8.2 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ See all reviewsÂ (123 customer reviews)

Best Sellers Rank: #53,521 in Books (See Top 100 in Books) #32 inÂ Books > Cookbooks, Food & Wine > Cooking Methods > Budget #72 inÂ Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables #94 inÂ Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

Customer Reviews

I bought this book over a year ago when my husband & I started eating healthier. We avoid dairy now & most of the recipes that call for milk specify that soy milk can be substituted. (Recipes that call for cheese I automatically sub soy or rice cheese.) All of the recipes are extremely simple. The ingredients lists are usually very short & the entire book is very practical. If you're learning to cook (or if the idea of heading into a kitchen scares you) this is the book for you. Here are the sections with some examples of recipes: Breakfast (french toast, vegan pancakes, scrambled tofu, rice pudding) Dips & Spreads (salsa-excellent! hummus, guacamole, tahini) Soups & Stews (miso-happy soup, minestrone, split pea, kale & potato, Moroccan stew) Salads & Dressings (fruit salad, apple raisin couscous, marinated vegetables, avocado & pear salad) Sandwiches, wraps & pizza (falafel, crostini with a bean & a green, black bean & yam quesadilla, tacos monterey, pita pizza crust, farmhouse vegetable pizza) Bean meals (chipotle black bean chili, dal, marinated tempeh) Grain

meals (spontaneous couscous, polenta with black beans, Indian rice, Sicilian rice) Pasta (with zucchini & basil, with green beans & feta, primavera, spaghetti pancake, peanut pasta) Vegetables, Stir fries & potatoes (artichoke feast, gingered Chinese green stir fry, Pad Thai, colcannon, scalloped potatoes vegan style) Desserts & quick breads (dark chocolate pudding, baked apples, baked bananas, banana bread) There's also a section on coffee drinks-like cafe au lait.

This book is a comprehensive book of easy, healthy, and delicious recipes. I am graduating college in a week and I'm sorry that I didn't find this book sooner! I will definitely keep using this book long after my student days are over. What's great about this book is that there are many "classic" vegetarian recipes (such as hummus, miso soup, pasta vegetable salad) that many other vegetarian cookbooks overlook (because they figure that you already know how to make those things). The only disappointment I have had with the book so far is the Mountain High Chocolate Cake (ended up mushy and vinegar-tasting on top), but everything else has been delicious (fruit smoothie, french toast, etc). If one is a vegan, she offers substitutes for milk & eggs (although these items are used infrequently anyway). Also, since I cook for just my husband and me, I appreciate that the recipes are designed for 1-2 people (so I don't end up with leftovers for 5 people!). By the way, we are not exclusively vegetarian, but like to eat healthy at home, and this book allows us to do that. Also check out my other favorites: Jeanne Lemlin's "Quick Vegetarian Pleasures" and Nava Atlas' "Vegetarian Express."

When i went off to college, i no longer could afford the convienient frozen vegetarian foods (veggie burgers, chik patties, etc.) so i needed something that required little time, ingredients, and was cheap. Then i got this book, i have made about 75% of the recipes and i love them. it requires a small amount of ingrediants and suggests substitutions if the item is not in your kitchen. I love the soups and pasta dishes. The recipes are healthy, but most of all easy for a cheap, broke college student as i am.

Because I am rarely ever home before 8 p.m., I had been either ordering in or eating out for dinner generally every night. That all changed after I received this cookbook as a gift. I've tried other vegetarian cookbooks before, and this one has by far the most uncomplicated, quick, but still absolutely delicious, meals. And most of the recipes use some similar ingredients, so you're usually not stuck with rotting produce. My favorites are the white bean and tomato salad, Greek-style tofu scramble and black bean and yam quesadilla. This book is a must for a busy vegetarian

professional.

After years in high school living on pasta because I didn't know how to cook anything else, I found this book. The recipes are optimized for the fewest possible ingredients and the least amount of cooking time, and it tells you how to do everything. This is a wonderful book. All the recipes are appetizing; nothing has a title like "leek-tofu-squash curry." I mailed copies of this book to all my vegetarian friends. If you're short on time, don't like grocery shopping or are intimidated by vegetarian cookery, this book is exactly what you're looking for.

I love this book. I have been a vegetarian for only 2 years so am still exploring the vast variety of food options available (including many new ethnic foods that I have never heard of). This book is wonderful for those just transitioning into the vegetarian diet. The ingredients are simple to use and easy to find. My FAVORITE part of this book is that all of the dishes are for single or double servings. For a student or single person living alone, it is great to be able to only cook for one and not waste food. Additionally, it allows me to try new flavors without cooking a large meal. I would recommend it to anyone who is thinking about becoming a vegetarian, anyone on a tight budget (and who doesn't have access to specialty ethnic grocers), or anyone who is thinking of trying new flavors but is afraid to try it in a "fancy" way. Kudos to the author.

I got away from my vegetarian diet about five years ago... major move, lots of stress. I tried to start back up a few times, but all the cookbooks I had or could find had recipes that were too time consuming to pull off and still feed the other non-vegetarian members of the household. This book has delicious recipes that take minimal time to prepare and have relatively few ingredients. A great buy!

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