

30 Minute Vegetarian Thai Cookbook

In this James Beard Award-winning cookbook, Madhur Jaffrey draws on more than four decades of culinary adventures, travels, and experimentation to create a diverse collection of more than 650 vegetarian recipes featuring dishes from five continents. Madhur Jaffrey's World Vegetarian exemplifies Madhur's unsurpassed ability to create simple, flavorful homecooking that is well within the reach of every cook. Extensive sections on beans, vegetables, grains, and dairy explore the myriad ways these staples are enjoyed worldwide. Madhur balances appealing, uncomplicated dishes such as sumptuous omelets and rich polentas with less familiar ingredients such as green mangoes, pigeon peas, and spelt. She demystifies the latter with clear-cut explanations so that incorporating new combinations and interesting flavors into everyday cooking becomes second nature. She also offers substantial sections on soups, salads, and drinks, as well as sauces and other flavorings, to help round out a meatless meal and add exciting new flavors to even the most easily prepared dishes. Each section opens with a detailed introduction, where Madhur describes methods for preparation and storage, as well as different cooking techniques and their cultural origins. And a complete glossary of ingredients and techniques clarifies some of the little-known elements of the world's cuisines so that even the uninitiated can bring the flavors of Asia, the Middle East, the Caribbean, and more to their tables. Throughout this extensive collection, Madhur includes personal anecdotes and historical contexts that bring her recipes to life, whether she's remembering field of leeks she saw in the mountains of northern Greece or describing how corn-based dishes arrived in Indonesia through colonial trade. Committed vegetarians will rejoice at the wide variety of meatless fare Madhur offers, and nonvegetarians will enjoy experimenting with her global flavorings. This highly readable resource promises to be a valuable addition to any cook's library, helping everyone make healthful ethnic foods a part of everyday cooking.

With Vegetarian Cookbook for Beginners, discover the guilt-free way to get healthy. As awareness of the health and environmental benefits of vegetarianism grows, millions of people are now switching to a vegetarian diet. Vegetarian Cookbook for Beginners will show you how to start a vegetarian diet so you can live with a clearer conscience, lose weight naturally, lower your cholesterol, and decrease your risk of chronic disease. Vegetarian Cookbook for Beginners will teach you how to cut out meat, without cutting out flavor and satisfaction. With more than 150 hearty, comforting meals to please the whole family, Vegetarian Cookbook for Beginners makes it easy to start a vegetarian diet. Vegetarian Cookbook for Beginners will get you started on the path toward a healthy, meat-free lifestyle with:

- More than 150 simple and hearty Vegetarian Cookbook recipes
- 14-day Vegetarian Cookbook meal plan to get you started
- Overview of the lasting health benefits of going vegetarian
- Tips from Vegetarian Cookbook on transforming your kitchen to be vegetarian-friendly
- Detailed nutritional advice to make sure you get all your nutrients
- Practical tips for a successful transition to a vegetarian diet

Vegetarian Cookbook for Beginners is your guide to experiencing the delicious, lifelong benefits of going vegetarian. VEGAN THAI COOKBOOK: Learn To Make oVER 35 Thai Vegan Recipes That'll Blow You Away Vegan Thai Food - Why Make It? Thailand was known as Siam in the past. Chinese influences on Thai cooking included the use of noodles, dumplings, soy sauce, and other soy products. Like the Chinese, the Thais based their recipes on blending five basic flavors: salty, sweet, sour, bitter, and hot. Rice is the main dietary ingredient of Thailand. Thais eat two kinds of rice: the standard white kind and glutinous, or sticky, rice. Rice is also used in desserts very often. Rice is eaten at almost every meal and also made into flour used in noodles, dumplings, and desserts. Thai seasoning is hot and spicy and common flavorings are fish sauce, dried shrimp paste, lemon grass, coriander, basil, garlic, ginger, cumin, cardamom, and cinnamon. Coconuts play an important role in the Thai diet. Coconut milk and shredded coconut are used in many dishes, especially desserts Thais do not use chopsticks unless they are eating noodles Here'a a Sneak Peak Inside This Vegan Thai Cookbook: Salt & Pepper Tofu Red Curry Quinoa Green Curry Noodle Bowl Roasted Veggie Thai Curry Thai Red Curry with Vegetables Vegetable and Tofu Pad Thai Vegan Pad Thai and many more! Take Action Now, Grab Your Copy By Clicking The "Buy Now With 1-Click" Button Above!

Transform your convenient and affordable frozen ingredients into a fresh, home-cooked meal in less than 30 minutes with these 100 quick and easy recipes—no thawing required. If you're not someone who plans out their weekly menu days in advance, then this cookbook is for you. Thanks to your freezer, you can create more than 100 different recipes for fresh, delicious meals that you can devour in less than 30 minutes. No need to wait hours for the ingredients to thaw and defrost, simply grab your ingredients and start cooking. Filled with simple solutions to your dinner dilemmas, The 30-Minute Cooking from Frozen Cookbook allows you to spend less time shopping, prepping, and planning your meals and spend more time doing the things you actually enjoy! Save money and eliminate food waste by storing the ingredients you buy in the freezer, keeping them fresher for longer. Cooking from frozen ingredients is a quick, cost-effective way to feed your family and with this cookbook to guide you, it is now easier—and tastier—than ever.

30-minute Vegetarian Thai Cookbook

Busy vegans, rejoice! award-winning husband and wife chefs/authors Reinfeld and Murray present 150 delicious, easy-to-prepare recipes for everyday vegan cooking -- all dishes that can be prepared in a half-hour. Sections include The Lighter Side of Life: Smoothies & Satiating Beverages; Snacks, Pick Me Ups & Kids' Favorites; Lunches: Wraps, Rolls, Bowls, and More; Extraordinary Salads; Sumptuous Soups; Small Plates: Appetizers, Side Dishes, Light Dinners; Wholesome Suppers; Guilt-Free Comfort Food: Healthy Translations of Old Stand-bys; and Divine Desserts. The 30-Minute Vegan also provides at-a-glance cooking charts, kids' favorite dishes, and exciting menu suggestions for every occasion -- making this an essential cookbook for busy vegans who want to enjoy delicious, healthful, whole-foods vegan fare every day.

The Truly Healthy Vegetarian Cookbook delivers over 100 deliciously low-carb vegetarian recipes that are actually good for you. Certified health coach Elizabeth Thomson didn't always follow the healthy vegetarian lifestyle that she does today. Like many Americans, Elizabeth once believed that going "meatless" was healthy enough. Without much cooking experience, she relied on convenience meals like mac n' cheese, French fries, and pizza--all of which were vegetarian, but not nutritious. Today, the voice of the popular blog I Heart Vegetables has reformed her unhealthy eating habits, and with The Truly Healthy Vegetarian Cookbook, she'll help you do the same. With wholesome vegetarian recipes that offer variety and simplicity, this vegetarian cookbook will prove that going beyond pasta, white rice, and meat substitutes is easier--and more delicious-- than you thought. In The Truly Healthy Vegetarian Cookbook you'll find: 100+

easy-to-make vegetarian recipes that are high-protein, low-carb, and unique to this vegetarian cookbook Flexible recipe modifications for a variety of diets, such as dairy-free, nut-free, gluten-free, vegan, and more Super-easy, budget-friendly meals that the whole family will enjoy, regardless of dietary preferences Not all vegetarian recipes are healthy. For easy, delicious vegetarian meals that are truly good for you, turn to the pages of The Truly Healthy Vegetarian Cookbook.

Make Incredible Vegan Versions of Your Favorite Asian Meals If you crave vegan-friendly versions of classic Asian dishes, this will become your new favorite cookbook! Jeeca Uy, of the hit Instagram account @TheFoodieTakesFlight, transforms traditional Southeast and East Asian cuisine into spectacular vegan renditions that are bursting with flavor. From iconic Thai dishes to piping-hot Japanese fare and everything in between, Jeeca's recipes will take your palate on a delicious food trip across Asia that will keep you coming back for more. So, why order takeout when you can easily whip up a vegan version that is not only healthier but can taste even better? Find your favorites and discover new ones with recipes such as: Pad Thai Char Siu Tofu Vietnamese Mushroom Pho Singaporean Chili Tofu Chinese Lettuce Wraps Yang Chow Fried Rice Japanese Yakisoba Spicy Dan Dan Noodles Satay Tofu Sticks with Peanut Sauce Korean Bulgogi Mushrooms Along with vibrant photographs, Jeeca has packed this book with tips and tricks to guide any cook, vegan or not, on how best to work with tofu, how to fold dumplings, how to make vegan versions of essential sauces and so much more. This cookbook will quickly become your go-to guide for simple yet delicious vegan Asian recipes.

Whether you're a die-hard vegetarian or a committed carnivore, the mouthwatering veggie recipes in Hamlyn All Colour Cookbook: 200 Vegetarian Recipes can be enjoyed by the whole family to keep everyone healthy and happy. Choose from simple snacks such as Mushroom and Ginger Crispy Wontons or Sweet Potato and Coconut Soup to more filling Thai Red Curry Vegetable Pies and the tempting Tiramisu Cheesecake. With such a considerable selection, you'll be able to create fantastic vegetarian meals to suit all persuasions and occasions. Every recipe is accompanied by a full-page colour photograph and clever variations and new ideas, giving you over 200 meals to choose from. The hardest part for you is deciding which delicious dish to cook first! Check out some of the other titles in the series: 200 5:2 Diet Recipes (ISBN 978-0-600-63347-1) 200 Cakes & Bakes (ISBN 978-0-600-63329-7) 200 Family Slow Cooker Recipes (ISBN 978-0-600-63057-9) 200 Halogen Oven Recipes (ISBN 978-0-600-63344-0) 200 One Pot Meals (ISBN 978-0-600-63339-6) 200 Pasta Dishes (ISBN 978-0-600-63334-1) 200 Super Soups (ISBN 978-0-600-63343-3)

Five years ago, popular blogger Brandi Doming of The Vegan 8 became a vegan, overhauling the way she and her family ate after a health diagnosis for her husband. The effects have been life-changing. Her recipes rely on refreshingly short ingredient lists that are ideal for anyone new to plant-based cooking or seeking simplified, wholesome, family-friendly options for weeknight dinners. All of the recipes are dairy-free and most are oil-free, gluten-free, and nut-free (if not, Brandi offers suitable alternatives), and ideally tailored to meet the needs of an array of health conditions. Each of the 100 recipes uses just 8 or fewer ingredients (not including salt, pepper, or water) to create satisfying, comforting meals from breakfast to dessert that your family--even the non-vegans--will love. Try Bakery-Style Blueberry Muffins, Fool 'Em "Cream Cheese" Spinach-Artichoke Dip, Cajun Veggie and Potato Chowder, Skillet Baked Mac n' Cheese, and No-Bake Chocolate Espresso Fudge Cake.

This edition has been adapted for the US market. It was originally published in the UK. * Named one of the best cookbooks of the year by The New York Times, the Boston Globe, and Delish * "Enticing, inviting and delicious. Vegan and vegetarian dishes that are hard to resist (and why should you?)." —Yotam Ottolenghi "Sodha, who writes a vegan cooking column for The Guardian, has widened her scope in this exceptional volume, drawing on ingredients and techniques from throughout Asia to inspire a mix of mostly speedy, weeknight-friendly dishes... a glimpse of Ms. Sodha at her best." —Melissa Clark, The New York Times "With verve and charm, Meera Sodha persuades all cooks to make her luscious plant-based food. Her honesty and wit shine bright in this accessible collection of recipes tailored for omnivores and busy people. Every page bursts with exciting ideas you'll want to cook up!" —Andrea Nguyen, author of Vietnamese Food Any Day and The Pho Cookbook Modern, vibrant, fuss-free food made from easy-to-find ingredients, East is a must-have whether you're vegan, vegetarian, or simply want to eat more delicious meat-free food. Meera Sodha's stunning new collection features brand-new recipes from a wide range of Asian cuisines. This cookbook is a collaboration between Sodha and the East Asian and South East Asian home cooks and gourmet chefs who inspired her along the way. There are noodles, curries, rice dishes, tofu, salads, sides, and sweets, all easy to make and bursting with exciting flavors. Taking you from India to Indonesia, Singapore, and Japan, by way of China, Thailand, and Vietnam, East will show you how to whip up a root vegetable laksa and a chard, potato, and coconut curry; how to make kimchi pancakes, delicious dairy-free black dal and chili tofu. There are sweet potato momos for snacks and unexpected desserts like salted miso brownies and a no-churn Vietnamese coffee ice cream.

This edition has been adapted for the US market. From simple suppers and family favorites, to weekend dishes for sharing with friends, this book is packed full of phenomenal food - pure and simple. Whether it's embracing a meat-free day or two each week, living a vegetarian lifestyle, or just wanting to try some brilliant new flavor combinations, this book ticks all the boxes. Super-tasty, brilliantly simple, but inventive veg dishes include: · AMAZING VEGGIE CHILI, comforting black rice, zingy crunchy salsa and chili-rippled yogurt · GREENS MAC 'N' CHEESE with leek, broccoli & spinach and a toasted almond topping · VEGGIE PAD THAI, crispy fried eggs, special tamarind & tofu sauce and peanut sprinkle · SUPER SPINACH PANCAKES with avocado, tomato and cottage cheese · SUMMER TAGLIATELLE, basil & almond pesto, broken potatoes and delicate green veg With chapters on Soups & Sandwiches, Brunch, Pies & Bakes, Curries & Stews, Salads, Burgers & Fritters, Pasta, Rice & Noodles, and Traybakes there's something tasty for every occasion. Sharing simple tips and tricks that will excite the taste buds, this book will give you the confidence to up your vegetable intake and widen your recipe repertoire, safe in the knowledge that it'll taste utterly delicious. It will also leave you feeling full, satisfied and happy - and not missing meat from your plate. "It's all about celebrating really good, tasty food that just happens to be meat-free." Jamie Oliver

Offers over one hundred quick vegetarian Mexican recipes, including soups, salsas, main dishes, and desserts

Introduces vegetarian Thai cooking, and shares traditional recipes for sauces, salads, soups, curries, and desserts

A celebrity-chef author of the popular 30-Minute Vegan series provides an array of vegan soup recipes—including Grandma's Chicken Noodle, Cheesy Mediterranean Cauliflower, Spicy Thai Coco Bok Choy, Japanese Udon and Asian Cucumber Mint Raw Soup—along with toppings and accompaniments. Original. 17,500 first printing.

Real Thai has gone vegetarian! Everyone loves Thai food, but it's not easy to find truly meatless dishes. Thai cooking expert Nancie McDermott has developed inventive variations on traditional recipes, providing health-conscious cooks with a repertoire of meatless dishes that captures the vibrant spirit of Thailand. A helpful glossary introduces readers to the seemingly mysterious yet widely available ingredients and equipment used in Thai cooking and offers tips for finding or substituting them. With an emphasis on the classic techniques, ingredients, and flavors of Thai cuisine, this groundbreaking cookbook provides one hundred delicious recipes for everyday meals and special occasions.

Stay In, Save Time, Eat Vegan! This brilliant cookbook reveals the secrets to cooking dinners that you crave—the kind that comfort, nourish and inspire you, without a ton of work. With every recipe clocking in under 30 minutes (prep included!), anyone can enjoy incredible plant-based meals every night of the week. Fabulous recipes like Roasted

Cauliflower Romesco Tacos, Spicy Buffalo Tempeh Wraps or Date Night Truffled Mac 'n' Cheez mean you can cut back your restaurant spending by making your own photo-worthy dishes at home. Megan Sadd has your back with smart tips for cooking efficiently, and a recipe for every mood you may find yourself in. Many of these amazing meals are gluten-free to boot, helping you maximize healthy eating in as little time as possible. These vegan dinners will satisfy the herbivorous and the omnivorous (and not just on Meatless Monday)! Whether you're craving Jerk Lettuce Wraps with Caramelized Pineapple or Texas-Style Chili with Cashew Sour Cream, these easy plant-based dinners are more than salads and stir-fries—they're fun, fast and scrumptious.

Presents a collection of accessible and economical Thai classics that can be readily prepared by busy American home cooks, offering such options as pad Thai with shrimp, tom yum soup, and pork satay with peanut sauce.

NEW YORK TIMES BESTSELLER • 80 stir-fried-saucy, sweet-and-tangy mostly Thai-ish recipes from the mom who taught Chrissy (almost) everything she knows, Pepper Teigen! NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY TIME OUT Whether she's frying up a batch of her crispy-garlicky wings for John's football Sundays or making Chrissy her favorite afternoon snack—instant ramen noodles with ground pork, cabbage, scallions, and cilantro—Pepper Teigen loves feeding her famously fabulous family. Through these eighty recipes, Pepper teaches you how to make all her hits. You'll find playful twists on Thai classics, such as Fried Chicken Larb, which is all crunch with lots of lime, chile, and fish sauce, and Pad Thai Brussels Sprouts, which bring the fun tastes and textures of pad thai to a healthy sheet of pan-roasted vegetables. And there are the traditional dishes Pepper grew up with, like khao tod crispy rice salad and tom zapp hot and sour soup. Pepper shares stories about her life, too, such as how she used to sell sweet-savory kanom krok coconut-and-corn pancakes to commuters when she was ten years old in Thailand (now she makes them with her granddaughter, Luna, as a treat) and how, once she moved to the United States, she would cobble together tastes of home with ingredients she could find in her new homeland, like turning shredded cabbage and carrots into a mock-papaya salad. Influenced by Thailand, California, and everywhere in between, Pepper's mouthwatering recipes and sharp sense of humor will satisfy anyone craving a taste of something sensational, whether that's a peek into America's most-talked-about family's kitchen or a rich and spicy spoonful of Massaman Beef Curry.

An essential resource for your health?if we are what we eat, let's make every (delicious) bite count! This cookbook will no doubt transform your kitchen, bringing new plant-based, whole food ideas to the table and offering easy yet healthy recipe solutions for everything from celebratory meals to rushed weeknight dinners. Ashley Madden is a pharmacist turned plant-based chef, certified holistic nutritional consultant, and devoted health foodie. A diagnosis of multiple sclerosis changed her whole life and approach to food, eventually shaping a new food philosophy and inspiring this book. The Plant-Based Cookbook is especially helpful for those with dietary requirements or food allergies as all recipes are vegan, dairy-free, gluten-free, and oil-free without compromising on taste or relying on packaged and processed ingredients. All-natural recipes include: One-pot creamy pasta Vibrant nourish bowls Decadent no-bake cinnamon rolls A show-stopping cheese ball Life-changing carrot cake And so much more! Whether you consider yourself an amateur home cook or a Michelin Star chef, this collection of recipes will inspire you to turn whole foods into magical, mouthwatering meals and give you confidence to prepare plants in creative and health-supportive ways.

If you'd like to include more meatless dishes in your cooking, this cookbook is for you. And if you want to cook confidently for your vegetarian friends or family, Fix-It and Forget-It Vegetarian Cookbook is full of tasty ideas. Here are slow-cooker recipes as well as stove-top and oven recipes in one handy cookbook. Half of these 500 recipes are for slow cookers. In fact, all of the recipes are easy to prepare and all are made with easy-to-find ingredients. Here are tried and true vegetarian favorites. And you'll discover lots of fresh ideas using familiar ingredients--food we already buy and love, set to new recipes. Not sure how all the parts of a vegetarian meal come together? Flip to the 50 menus to find well-balanced meals and tasty food combinations. Now you can confidently serve a nutritionally complete vegetarian meal for a weekday family supper, or a feast for a special day. Experience how enticing and satisfying vegetarian cooking can be! Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

Incredible Budget-Friendly Plant-Based Meals for the Busy Home Cook Think maintaining a vegan diet is draining on the wallet? Think again. Melissa Copeland, the self-proclaimed Stingy Vegan, is on a mission to prove that cooking vibrant plant-based meals doesn't have to break the bank. Main dishes like Veggie-Packed Mexican Rice, Coconut-Lentil Curry and Smoky Mushroom Fajitas are the perfect balance of quick, flavorful and economical. Fruity Granola Yogurt Parfaits and Blistered Cherry Tomatoes and Beans on Garlic Toast make breakfast a cinch, and frugal staples like beans and pasta are transformed into mouthwatering meals like Garlicky Spring Vegetable Pasta, Black Bean Salsa Burgers and Bee-Free Honey Mustard Chickpea Salad Sandwiches. With Melissa's wallet-friendly recipes, you can skip expensive vegan substitutes and pricey health food stores, all while enjoying nourishing meals that are as pleasing to your palate as they are to your bank account.

Healthy in a hurry--a quick and easy vegetarian cookbook. Delicious news! You can make 100 super healthy vegetarian meals faster than you can order delivery. Full and busy

lives don't always leave a lot of time for fresh and healthy homemade meals--let alone of the plant-based variety, but The 30-Minute Vegetarian Cookbook shows you the way. Find out how easy it is to become vegetarian, to mix things up if you're already vegetarian, or just get some tips and options for eating less meat. With handy lists and instructions, this vegetarian cookbook will help you whip up creative and nourishing vegetarian meals that taste so good, no one will ever guess it took so little time. The 30-Minute Vegetarian Cookbook includes: Food in a flash--All of these wholesome dishes can be made in 30 minutes or less (including prep time) and use only about 10 readily-available ingredients. Salads and beyond--100 unique and globally-inspired vegetarian recipes take this vegetarian cookbook from breakfast to dessert, with snacks in between. Helpful hacks--Get advice on the staples to have on hand between shopping trips, what can be prepped ahead of time, and other tricks to make things even easier. Eat better and live better with a vegetarian cookbook that's good for your health, time, and taste buds.

Do you want to learn more about the flavor and cooking techniques used to create authentic Thai food? We set out on eleven chapters of Thai cuisine right here in this book. You'll find recipe collections that explore exotic ingredients, tasty street foods, traditional dinners, and everything in between. Quick Thai cooking--Make flavorful meals in less than 30 minutes by keeping a handful of signature ingredients in your cupboard. A menu of favorites--Find the dishes you crave in chapters organized like a Thai restaurant selection: Noodles, Soups and Salads, Curries, Seafood, and more. 100 recipes--Enjoy classic restaurant dishes like Pad Thai and Yellow Curry with Chicken and Potatoes, or try something new like Thai-Style Omelet or Jungle Curry With these suggestions, we believe that you can completely make wonderful Thai dishes on your own only in a few minutes. Why not try it now and so something surprising for your beloved people?

The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes: • Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare. • Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap • Essential plant-based pantry and equipment tips • Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

Jamie Oliver--one of the bestselling cookbook authors of all time--is back with a bang. Focusing on incredible combinations of just five ingredients, he's created 130 brand-new recipes that you can cook up at home, any day of the week. From salads, pasta, chicken, and fish to exciting ways with vegetables, rice and noodles, beef, pork, and lamb, plus a bonus chapter of sweet treats, Jamie's got all the bases covered. This is about maximum flavor with minimum fuss, lots of nutritious options, and loads of epic inspiration. This edition has been adapted for US market.

Popular husband-and-wife bloggers and podcasters (acouplecooks.com) offer 100 recipes with an emphasis on whole foods and getting into the kitchen together. The couple's non-diet approach features simple lifestyle changes to make healthy cooking sustainable, rather than a short-term fix. A love story at its finest, Alex and Sonja Overhiser first fell for each other--and then the kitchen. In a matter of months, the writer-photographer duo went from eating fast and frozen food to regularly cooking vegetarian meals from scratch. Together, the two unraveled a "pretty simple" approach to home cooking that kicks the diet in favor of long-term lifestyle changes. While cooking isn't always easy or quick, it can be pretty simple by finding love in the process. A Couple Cooks | Pretty Simple Cooking is an irresistible combination of spirited writing, nourishing recipes with a Mediterranean flair, and vibrant photography. Dubbed a "vegetarian cookbook for non-vegetarians", it's a beautiful book that's food for thought, at the same time providing real food recipes for eating around the table. The book features: 100 vegetarian recipes, with 75 vegan and 90 gluten-free options A full-color photograph for every recipe Recipes arranged from quickest to more time-consuming 10 life lessons for a sustainably healthy approach to cooking, artfully illustrated with a custom watercolor

Maximize your vegetarian lifestyle with this collection of super easy to make (all recipes ready in under 30 minutes) and delicious vegetarian recipes. Whether you a vegetarian greenhorn (there, even that has green in it) trying to cut back your meal intake or a seasoned vegetarian or even on a vegetarian-only diet, these extra tasty, simple and instant recipes will make your time in the kitchen more productive and fulfilling. The book is packed with a variety of recipes from a range of culinary traditions to make it easy for beginners to whip up quick and delicious vegetarian meals without fuss. It is divided into three handy sections for breakfast, lunch and dinner recipes. This book is also written to challenge the misconception that vegetarian meals are limiting and boring. There are loads of global influences that add variety, ideas, and flavors to your meals with ingredients that are easily available in your kitchen. The idea is to use the most basic ingredients to create restaurant-style vegetarian treats that will seldom make you feel like you are compromising on taste or limiting your choices. Plants are extremely low in calorie content and high in vitamins, antioxidants and valuable minerals, which makes vegetarian diets nutrition rich for your body. Vegetarian meals are dense in omega 3 fatty acids, Vitamin C, fiber and much more. Though all recipes taste awesome, they are all surprisingly easy to put together even in the hustle of your daily life. -Lip smacking red Thai curry with rice (ditch that pricey takeaway and make your own healthy and delicious version) - Vegetarian tikka - Spinach cheese baked rice - Veggie pita pizza - Black bean chunky burger - Italian Panzanella salad - Lebanese baba ganoush And much much more Whether you are looking for some much needed vegetarian culinary inspiration or just getting started with the vegetarian way of life or looking to add some more zing to your already

thriving veggie life, this book is for you. Click the buy button today to whip up quick, easy and delicious vegetarian treats! ----- Tags: vegetarian cookbook recipes delicious diet healthy easy beginners quick With instant food fast body Kitchen tasty Dishes vegan Easy meal fresh healthy vegetarian cookbook vegetarian cookbook for beginners easy vegetarian cookbook vegetarian recipes cookbook vegetarian recipes books vegetarian cookbook beginner vegetarian cookbook budget vegetarian cookbook calories vegetarian recipes vegan recipes vegetarian meals vegan vegan cookbook vegan meals best vegetarian cookbooks easy vegan recipes vegetarian dishes easy vegetarian recipes vegan food best vegan cookbooks vegetarian food vegan dinner recipes healthy vegetarian recipes easy vegetarian meals vegetarian dinner recipes vegan dishes healthy vegan recipes best vegetarian recipes healthy vegetarian meals simple vegetarian recipes vegan meal plan vegetarian books quick vegetarian recipes vegetarian dinner vegan diet plan quick vegetarian meals veggie meals easy vegan meals vegan dinner vegetarian lunch recipes vegetarian cooking veggie dishes vegan food recipes vegetarian food recipes vegan diet recipes vegetarian meal ideas vegan dinner ideas vegan books vegetarian menu meatless recipes vegan meal ideas vegan for beginners tasty vegetarian recipes healthy vegetarian cookbook vegetarian pasta recipes top vegetarian cookbooks good vegetarian meals best vegetarian cookbooks for beginners good vegetarian recipes easy vegetarian dishes easy vegetarian dinner recipes delicious vegetarian recipes easy healthy vegetarian recipes the best vegetarian cookbook easy vegetarian recipes for begin

Sometimes it takes an hour; sometimes it takes many many hours to prepare a meal. In this book you will find delicious recipes that can be cooked in 30 MINUTES OR LESS. We know that the average American diet, which is high in fat, sodium and cholesterol, contributes to disease. Some of the important advantages of a vegan diet are that your risk of colon cancer, prostate cancer, high blood pressure and heart disease are significantly lowered. A VEGAN diet also helps control diabetes, which is becoming epidemic. If you require insulin, you will still need to take it, but a strictly plant-based diet can reduce your insulin needs. Why experiment with your cooking? Start creating fuss-free, economical and delicious vegan dishes for the whole family, with fabulous 240 recipes and Simple Strategies that Save You Time and Money shown step by step. This book will help you to do smart cooking on a BUDGET - everything you need to know to make low-cost, healthy and tasty meals. Simple to prepare, yet totally delicious these recipes will be a surprise! Create delicious, filling vegan meals in under 30 minutes! Take the stress out of making hearty vegan meals with the easy recipes in Vegan Recipes in 30 Minutes. This handy kitchen guide is perfect for the busy vegan cook who wants to whip up satisfying, wholesome vegan meals using everyday kitchen utensils and affordable ingredients from your local grocery store. With simple, straightforward recipes, quick tips for easy meal prep and storage, and helpful meal plans, Vegan Recipes in 30 Minutes will help you get nutritious vegan meals on the table in no time. Vegan Recipes in 30 Minutes makes it easy to create balanced vegan meals, with: 106 mouthwatering recipes such as Vegan Chocolate Macaroons, Spicy Nut Butter Noodles, and Sweet Potato & Kale Hash 141 pantry, freezer, and grocery staples Easy-to-follow weekly meal plan 23 ideas for easy meal preparation and storage to save you time and money 10 tips for a happy and hearty vegan life With quick, tasty recipes, Vegan Recipes in 30 Minutes will make your vegan meals as simple as they

There's more to being a veggie than eating tofu and chickpeas, and there's more to being a student than beans on toast and chips from the kebab van. With 150 recipes from across the world, this inspiring cookbook is crammed with meals even the novice cook will be able to master, from simple curries and pasta dishes to South American stews and Spanish tortillas. More interesting than the usual student fare, and with delicious recipes students will really go for, from quick and easy meals in minutes to cheap but impressive dinner party winners to wow their mates, The Vegetarian Student Cookbook is a recipe for a tasty and healthy student life.

Your next home-cooked meal is just 30 minutes away--no experience necessary Cooking can seem daunting, time-consuming, and labor-intensive, but it doesn't have to be. All you need are the basic tools, a few strategies for getting organized, and some easy recipes to start you off. If you've been looking for cookbooks for beginners, this one offers all that and more--and each recipe only takes 30 minutes. This trusty (and delicious) entry into cookbooks for beginners will help you master all the essential cooking techniques, from panfrying to broiling. It also includes practical tips on how to grocery shop efficiently, practice food safety, and save time with hacks that get every recipe on the table in 30 minutes or less. Find what you've been looking for in cookbooks for beginners: Beginner-friendly--Directions are easy to follow, ingredients are easy to find, and popular staple dishes are now on the menu--from fluffy eggs to juicy burgers. Quick-look labels--Unlike other cookbooks for beginners, this one includes labels indicating whether a recipe can be made with just 5 ingredients, cooked in one pot, or is vegetarian or gluten-free. Beyond the recipes--Learn bonus skills like handling knives, storing food, and even maximizing the use of your microwave. With tips, tricks, and 100+ classic recipes, this book is everything cookbooks for beginners should be.

The next title in Thorsons' successful 30 minute vegetarian series. Other titles include: Thai, Indian, Mexican and Italian. Over 120 delicious Turkish quick dishes – ideal for snacks and after-work suppers

In Everyday Thai Cooking, Katie Chin—a chef hailed as the 'Asian Rachel Ray' by her many fans—shares her recipe secrets along with tips, tools, and techniques that enable you to easily bring delectable homemade Thai dishes to your table! As the daughter of award-winning restaurateur Leeann Chin, Katie's heritage has been deeply rooted in the cultivation of fine Thai cuisine. Katie has since taken the culinary world by storm as a well-respected food writer, television personality, and now published author. Katie is a success among the cooking community, however, her true reward stems from her success at home. As working mother of toddler twins, Katie realized a need for simple, easy and delicious Thai recipes that call for accessible ingredients and Everyday Thai Cooking delivers just that. This Thai cookbook offers basic recipes for staple dishes that include

both homemade and store-bought options. From appetizers to desserts, each step-by-step recipe lists preparation times (most within thirty minutes) and alternates for less accessible ingredients. Illustrated with mouthwatering color photographs, Everyday Thai Cooking features more than 100 simple recipes for delicious Thai food. Favorite Thai recipes include: Crunchy Siam Spring Rolls Tom Yum Goong Crispy Mango Chicken Shaking Beef Fragrant Coconut Fish in Banana Leaves Mee Krob

Discover the Lighter Side of Thai Food Without Sacrificing Flavor Sarah Jansala, with the help of her mom, Renoo, opened the first vegetarian Thai restaurant in Portland, Oregon, to great success. Now, she is sharing her secrets with you. Her delicious plant-based (and gluten-free!) recipes allow you to enjoy your favorite Thai meals without the guilt. Jansala's 75 reimagined Thai recipes are designed to be nutritious, quick and, above all, tasty. She includes starters like Tofu Satay, mains like Spicy Basil Tempeh, curry sauces that you will want to make over and over again and even vegan desserts like Mango Sticky Rice. With every recipe, Sarah does more than teach you to cook amazing food— she gives you insight into the flavors, history and significance behind Thai dishes. The Jansala mother– daughter duo has squeezed all of their generational and industry knowledge into one simple guide to traditional Thai food.

Whip up delicious three-course meals in no time at all with the bestselling Jamie's 30-Minute Meals Jamie Oliver will teach you how to make good food super-fast in his game-changing guide to coordinating an entire meal without any fuss. _____ With 50 exciting, seasonal meal ideas, Jamie's 30 Minute Meals provides the essential collection of dishes for putting on the ultimate three-course meal without taking up your time. Not only that, Jamie also includes refreshing, light lunch recipes that you can put together in no time at all. These mouth-watering dishes include . . . - Melt-in-the-mouth SPRING LAMB and CHIANTI GRAVY - Mushroom risotto with spinach salad - Tender DUCK SALAD - Moreish LEMON and RASPBERRY CHEESECAKE - Creamy RICE PUDDING and STEWED FRUIT Jamie offers a tasty dish for every occasion, with recipes written to help you make the most of every single minute in the kitchen. With the help of Jamie Oliver and Jamie's 30-Minute Meals, you'll be amazed by what you're able to achieve. In Jamie's extensive collection of internationally loved and trusted cookbooks, this is the one about multitasking to cook whole meals, fast. _____ 'There is only one Jamie Oliver. Great to watch. Great to cook' Delia Smith

'Damn, Saiphin can cook - the perfect ambassador for this glorious food and country' - Tom Parker Bowles 'One of London's coolest female chefs' - Time Out Finding strictly vegetarian food in Thailand can be tricky, where fish sauce is the king of the kitchen. In the follow-up to her debut, Rosa's Thai Café: The Cookbook, Saiphin Moore embraces this challenge, creating over 100 delicious and simple recipes for Thai-loving vegans and vegetarians. Featuring authentic dishes such as Tom yum noodle soup, Congee with shiitake mushrooms, Stir-fried aubergine with roasted chilli paste and Butternut red curry, this brilliant sequel adds an exciting new strand to Rosa's repertoire.

Presents a collection of Indian vegetarian recipes from the award-winning chef, with options for soups, dals, grains, eggs and dairy, chutneys, and desserts, and a separate section on ingredients. --Publisher's description.

30-Minute Cooking for Two offers the fastest, perfectly portioned recipes to make homemade meals every day of the week. Imagine if cooking for two cut prep and cook times in half, too. 30-Minute Cooking for Two offers perfectly portioned, time-saving recipes to make whipping up meals for just the two of you, easy to do. Table-ready in 30-minutes or less, these recipes offer fast solutions for meals any day of the week, from a quick breakfast sandwich to a proper date-night steak. Using no more than 8 staple ingredients per recipe, 30-Minute Cooking for Two gives you fewer leftovers, less processed food, and more time to spend between your twosome. Whether you're a newlywed, an empty nester, or just plain tired of giant portions and days of leftovers, this cookbook is for you. Inside you'll find: Tips for kitchen prep that include shopping lists for pantry staples and essential cooking equipment to stock your kitchen with. 30-minute recipes for breakfast, soups, salads, sandwiches, dinner, and dessert, with quick-reference labels super-fast recipes (20-minutes or less) and one pot meals. 8 ingredients per recipe that are easy-to-find all year around, and make every meal fresh and healthy. Every twosome has a special thing that they do together. With the quick and easy recipes in 30-Minute Cooking for Two, cooking can be your thing, too.

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