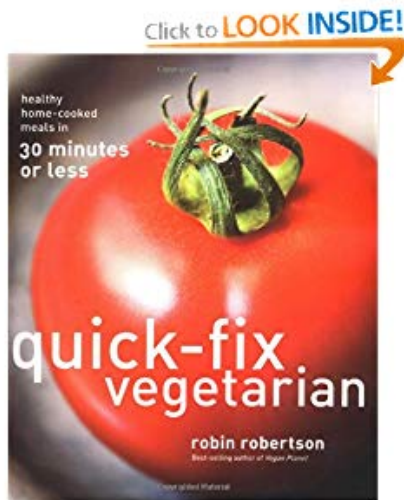


Quick-Fix Vegetarian: Healthy Home-Cooked Meals in 30 Minutes or Less by Robin Robertson



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Quick-Fix Vegetarian: Healthy Home-Cooked Meals in 30 Minutes or Less Book Content Preview:

"Many studies have shown that vegetarians seem to have a lower risk of obesity, coronary heart disease (which causes heart attack), high blood pressure, diabetes mellitus, and some forms of cancer." --The American Heart Association* Featuring 150 delicious recipes, Quick-Fix Vegetarian provides both novice and longtime cooks with practical and robust vegetarian dishes that can be prepared in less time than it takes to have a pizza delivered.* Written by best-selling vegetarian chef Robin Robertson, Quick-Fix Vegetarian is the answer for busy families who are looking for healthy food, fast. Quick-Fix Vegetarian by Robin Robertson recently was named Best New Cookbook by PETA, People for the Ethical Treatment of Animals. The international organization's Proggy Award (short for "progress") recognizes animal-friendly achievement in 21st century culture and commerce. No longer considered a "hippie fad," the vegan lifestyle is becoming going mainstream. In her latest book vegetarian expert Robin Robertson creates recipes such as Spinach and Sun-Dried Tomato Quesadillas, Chipotle-Kissed Black Bean Soup, Mediterranean Orzo Salad, Beat-the-Clock Lasagna, Five-Minute Slow-Cooker Chili, and No-Bake Oatmeal Almond Cookies for this growing consumer base. In addition, Quick-Fix Vegetarian shows how to use many of the new commercial vegetarian products and includes recipe variations and tips for speedy, stress-free entertaining without sacrificing flavor or mainstream appeal."

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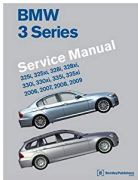
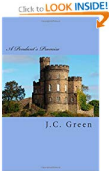


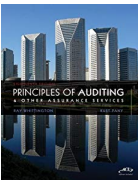
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