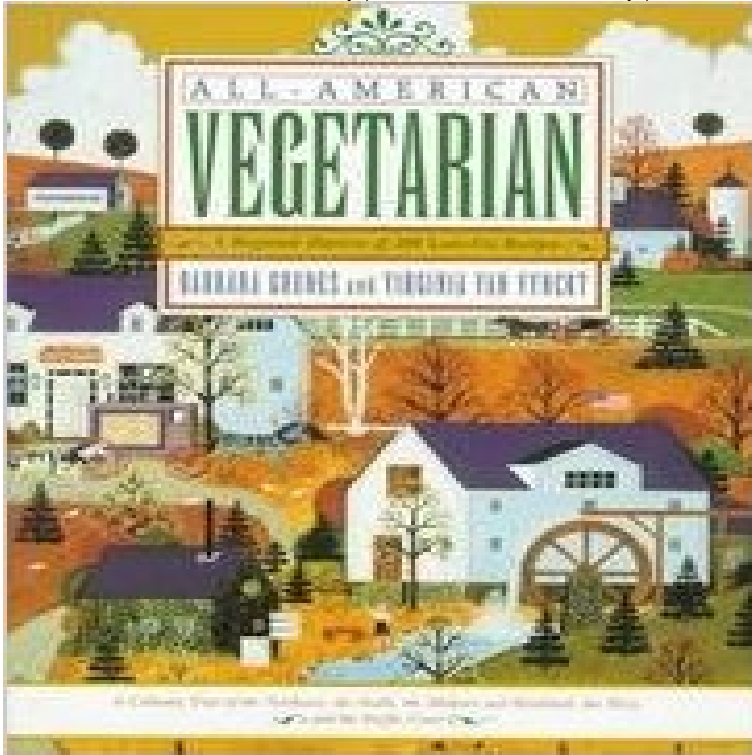


All-American Vegetarian: A Regional Harvest of 200 Low-Fat Recipes



Offers several good reasons for enjoying a plant-based diet: it's healthful, delicious, inexpensive, & American Home cooks & chefs constantly rediscover & invent recipes for ingredients that formed the foundation of ancient American cooking: tomatoes, corn, squash, beans, potatoes, wild rice, avocados, cranberries, maple syrup, pecans, amaranth, quinoa, & chocolate. This book explains all the benefits of vegetarian cuisine & provides an eclectic collection of recipes that includes American standards & an array of ethnic dishes. The directions are clear & concise. This tour through the varied vegetarian kitchens of the U.S. is complete with historical information & local color.

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