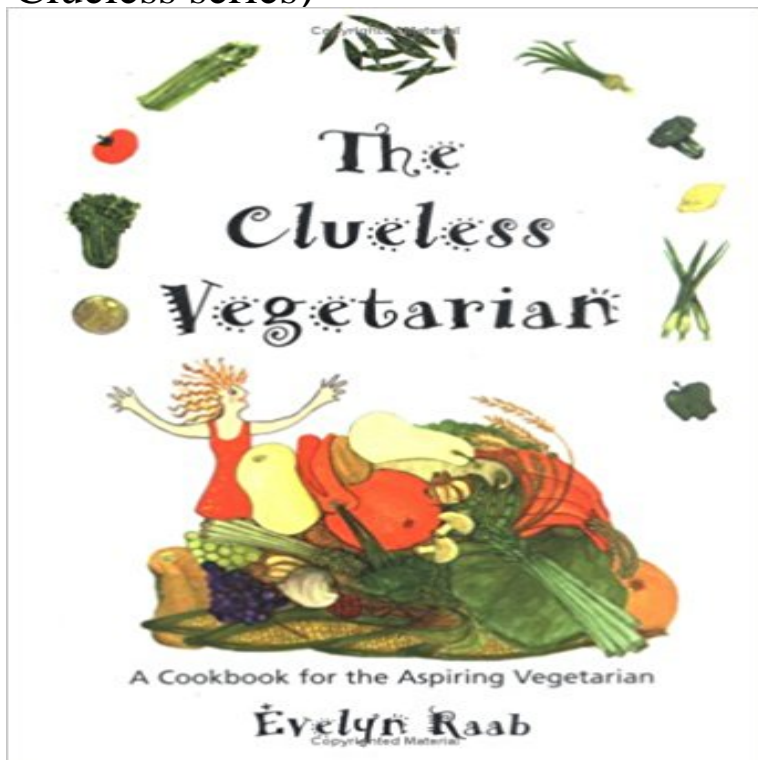


The Clueless Vegetarian: A Cookbook for the Aspiring Vegetarian (The Clueless series)



You're young, you're vegetarian, you're clueless. So you're a vegetarian. Or you're thinking about becoming a vegetarian. Or maybe you live with a vegetarian. Or maybe you just have to feed one occasionally. The Clueless Vegetarian is designed for vegetarians who love good food, cooked from scratch, but also want to have a life. If you've just switched to a vegetarian diet, The Clueless Vegetarian gives you the straightforward nutritional information you need to help you make good food choices (without obsessing). If you're a practicing vegetarian looking for some good old-fashioned cooking, then this is your guide. There are lots of hints for concocting vegetarian versions of your favorite old recipes, and suggestions on preparing meals for the mixed household. You'll even find survival tips and cooking advice that's just plain useful for everyone, vegetarian or not.

Incredibly thorough and with lots of humor, The Clueless Vegetarian leads the new-vegetarian through a whole new kitchen experience. Every recipe is coded so that you can easily identify whose a lacto-ovo vegetarian, whose a lacto-vegetarian, whose a vegan, an ovo-vegetarian or an occasional vegetarian, it's all laid out simply and straightforwardly, with no surprises. The Clueless Vegetarian is filled with simple recipes for just about everything you might ever want to eat. There are recipes for lasagna, chili and burritos, there are curries and casseroles, hearty soups and lots of great snacks. There are even some truly decadent desserts. There are lots of delicious recipes to choose from: Chunky Avocado Salsa, Black Bean Dip, and Mexican Meltdown Creamy Carrot Soup, Minestrone Soup and Curried Red Lentil Soups Corn and Tomato Salad, Warm

Mushroom Salad and Simple Sesame Noodle Salad Frittata, Quiche and Ricotta Pancakes Roasted Tomato Fettucine, Pad

Thai and Nearly Normal Shepherds Pie
Mexican Red Rice, Ratatouille, and Potato
Latkas Amazing Eggless Dairy-Free
Chocolate Cake, Fruit Crisp, Frozen
Chocolate Bananasicles Whether you're
just trying a vegetarian lifestyle, or you're
looking to spruce up your everyday
cooking style, The Clueless Vegetarian is
the best possible guide to vegetarian
cooking.

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