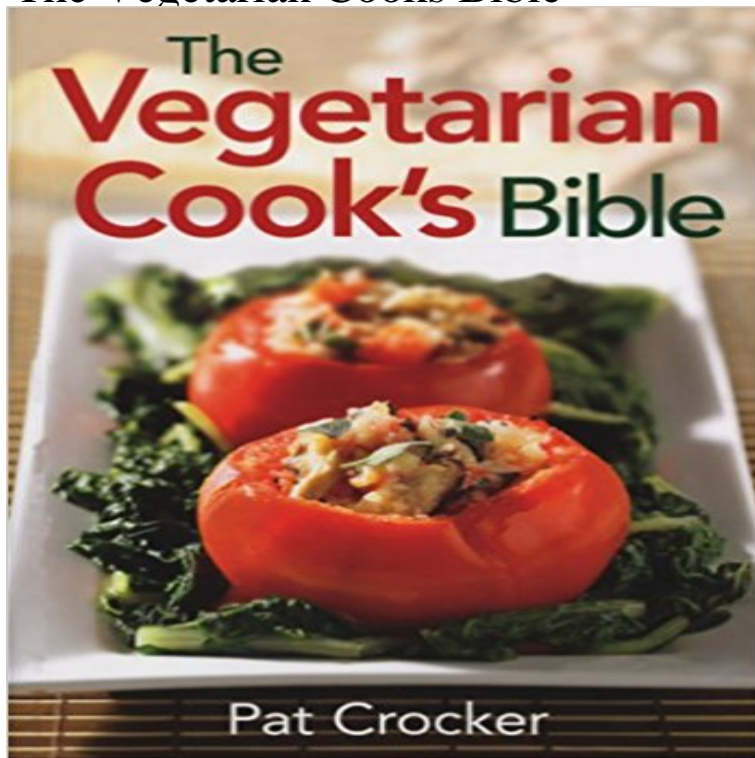


The Vegetarian Cooks Bible



250 delicious vegetarian recipes plus information on the health benefits of a vegetarian lifestyle. We choose a vegetarian lifestyle for various reasons, and perhaps one of the most significant is that a plant-based diet is healthful. Many current studies show that the fiber, minerals and other nutrients found in such foods play an important role in preventing disease. This cookbook offers up a vegetarian diet that is rich, varied, healthful and delicious. The recipes call for an interesting range of food choices and are often both budget friendly and spontaneous. In *The Vegetarian Cooks Bible*, good taste and good health go hand in hand. For example: Warm mushrooms with goat cheese is a recipe that ties in with research showing how shiitake mushrooms bolster the immune system. The author explains that cruciferous vegetables protect against colon cancer-and provides a recipe for a hearty stuffed braised cabbage with potatoes. A special section addresses seven body systems and suggests prescriptive meals and beneficial dietary and lifestyle changes. In *The Vegetarian Cooks Bible*, imaginative recipes and comprehensive, up-to-date information highlight the benefits of vegetarian cooking.

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