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Cooking Light Way to Cook Vegetarian: The complete visual guide to Meatless cooking

Editors of Cooking Light Magazine

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Cooking Light Way to Cook Vegetarian is a celebration of all the plant world has to offer-from colorful fruits and vegetables bursting with nutrients to hearty grains and proteinpacked beans and tofu. Even if you only occasionally go meat-free, this book has plenty to offer. It's filled with more than 700 images showing you exactly how to prepare over 150 delicious dishes as well as hundreds of cooking tips and nutrition information about the joys and flavors of vegetarian cuisine.

Vegetarian cuisine offers a healthy way of eating that can certainly meet all of your nutritional needs-the key is to eat a variety of foods so your nutrient bases are covered. Inside, *Cooking Light* shares healthy eating principles for a well-rounded vegetarian diet.

It also offers a world of flavor. Cultures around the globe have long been preparing delicious vegetarian meals, and you'll find a sampling of those international flavors in this book-from Egyptian koshari and Turkish carrots and lentils to Japanese tempura tofu and vegetables and Malaysian-style noodles. This book is filled with recipes and techniques to help you prepare and savor meat-free meals.

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