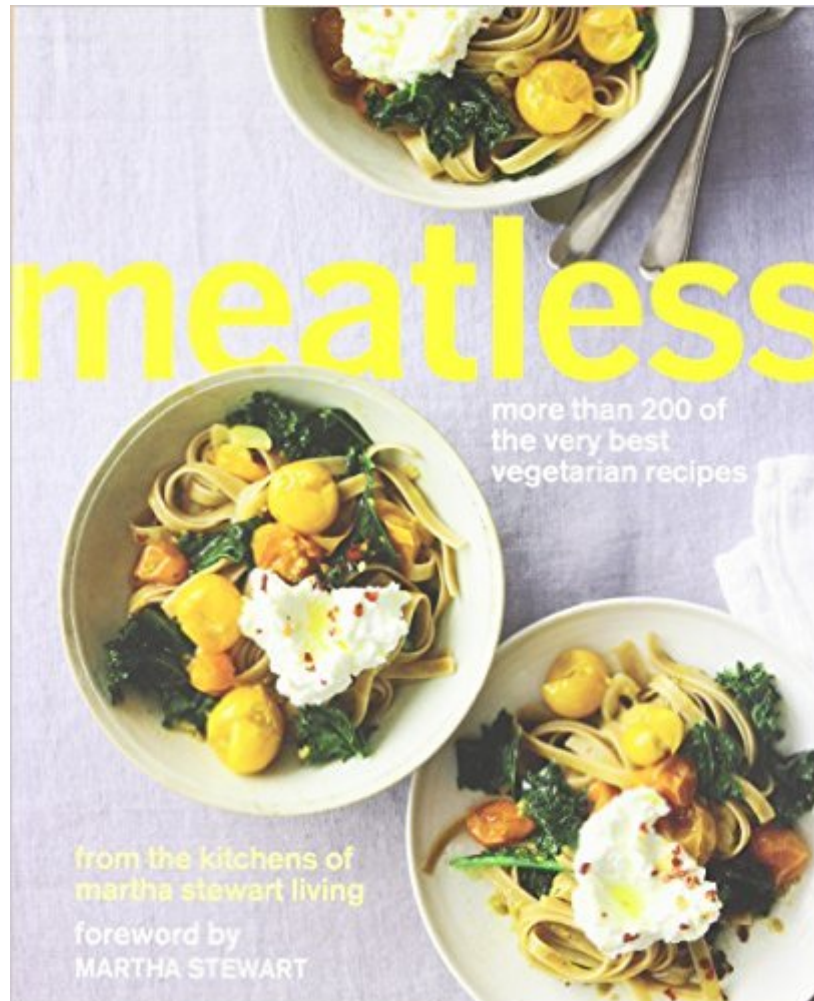


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# Meatless: More Than 200 Of The Very Best Vegetarian Recipes



## Synopsis

For anyone new to a vegetarian diet--flexitarians who adopt plans like Meatless Mondays--as well as committed vegetarians and fans of Power Foods, here is a comprehensive collection of easy, meat-free mains for everyday. As inspiring as it is practical, Meatless features 200 recipes—each accompanied by a gorgeous photograph—for full-fledged vegetarians and meat-eaters alike. You will find recipes for classics and new favorites, plus plenty of low-fat, vegan, and gluten-free options, too. More than just a cookbook, Meatless is also a roadmap to embracing a vegetable-based lifestyle. Here are dozens of versatile recipes that can be easily adapted, such as pizza with a variety of toppings, salads made from different whole grains, and pestos with unexpected flavors and ingredients. You will also find advice on stocking your pantry with vegetarian essentials (dried beans, pasta, herbs and spices), a collection of basic recipes and techniques (vegetable stock, tomato sauce, polenta), and make-ahead flavor-boosters (caramelized onions, roasted peppers, and quick pickles). Comprehensive and indispensable, Meatless makes it easy to prepare flavor-packed dinners for any day, any occasion. And no one will miss the meat. Selections include: • Small Plates to Mix and Match: Smashed Chickpea, Basil, and Radish Dip with Pita Chips; Roasted Baby Potatoes with Romesco Sauce; Stuffed Marinated Hot Red Chili Peppers; Grilled Polenta with Balsamic Mushrooms—Stovetop Suppers: Frittata with Asparagus, Goat Cheese, and Herbs; Spring Vegetable Ragout; Farro Risotto with Wild Mushrooms; Southwestern Hash—Soups, Stews, and Chili: Tomato Soup with Poached Eggs; Bean Chili; White Cheddar Corn Chowder; Chickpea Curry with Roasted Cauliflower and Tomatoes—Casseroles and other Baked Dishes: Ricotta and Spinach Stuffed Shells; Italian Baked Eggplant with Seitan; Black-Bean Tortilla Casserole; Apple, Leek, and Squash Gratin—Substantial Salads: Raw Kale Salad with Pomegranate and Toasted Walnuts; Avocado, Beet, and Orange Salad; Arugula, Potato, and Green Bean Salad with Creamy Walnut Dressing; Roasted-Tomato Tabbouleh—Sandwiches, Burgers, and Pizzas: Quinoa Veggie Burgers; Grilled Asparagus and Ricotta Pizza; Chipotle Avocado Sandwich; Portobello and Zucchini Tacos—Pasta and Other Noodles: Fettuccine with Parsley-Walnut Pesto; Roasted Cauliflower with Pasta and Lemon Zest; Soba and Tofu in Ginger Broth; No-Bake Lasagna with Ricotta and Tomatoes—Simple Side Dishes: Mexican Creamed Corn; Cabbage and Green Apple Slaw; Shredded Brussels Sprouts with Pecans and Mustard Seeds; Baked Polenta • Fries •

## Book Information

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## Customer Reviews

Meatless: More than 200 of the Very Best Vegetarian Recipes will appeal to a wide audience, including vegetarians, vegans and meat eaters. I am one of them...I do eat meat, but not everyday and in small amounts. This provides some great meatless main courses in addition to sides dishes than can be served with meat if desired. As a former chef and caterer, I have a lot of experience in cooking, but still seek out new recipes. In my opinion, making meatless dishes really good can be challenging and this book has some great looking ones to try. (I have tried a few; see below.) The book is divided as such: Stovetop suppers Soups, stews and chilis Casseroles Substantial salads Sandwiches, burgers and pizza Pasta Simple sides The photographs are beautiful and made me hungry...each recipe its own. I tried the fresh pea hummus which was nice and light with great flavor and a nice change from chick pea hummus. The tortilla Espanola was delicious and made a terrific brunch. I also tried the baked artichoke with bread crumbs which was really good. The roasted beets, Edamame and arugula salad was delicious. I had never though of roasted edamame and they were terrific! I will be trying many more recipes. I also like that many different grains are used and a nice variety of vegetables. That said, nothing so esoteric that the ingredients can't be found at your local farmer's market or a good health food store. Now, there are a lot of vegetarian cookbooks out there; why get this one? For starters, each recipe is carefully thought out and most sound really good. I have several vegetarian cookbooks that I look through often and don't always find anything inspiring. Good recipes, most fairly simple, and the ones I have tried so far are all winners. Former caterer, chef, author of *Harmonious Environment: Beautify, Detoxify & Energize Your Life, Your Home & Your Planet* Highly recommend.

First of all, this cookbook is gorgeous! There is a picture of every recipe, and while I don't "need" pictures, they always make cookbooks more fun to look at. A lot of the recipes are vegan, or easily made vegan, so for any vegans on the fence about buying this, just do it, you won't regret it! All the recipes are for entrees, sides, and appetizers, there are no breakfast or dessert sections, which isn't a bad thing, but if you're looking for those types of recipes, just be aware that none are included. I've used many of Stewart's recipes before, and have never been disappointed.

My husband and I are trying to eat vegetarian Monday-Friday and are constantly looking for new recipes. This cookbook is one of the best yet. The photos are beautiful. The recipes, in perfect Martha fashion, work! Each is carefully labeled with the appropriate nutritional info, as well as vegan, gluten-free, and special diet. For newbies such as us, I am particularly enjoying the helpful information in the back of the book: Versatile Vegetarian - Mashes and Purees, The Vegetarian Pantry, Favorite Flavor Boosters, Basics (cooking terms and techniques), Basic Recipes, Grain Cooking Chart, and Suggested Menus. I am learning so much from this cookbook. We are truly enjoying the recipes. We've yet to find one that we don't enjoy. Tonight we feasted on Southwestern Hash. My meat-and-potatoes husband wolfed down tempeh (a soy product) and avocado. He asked me to make the recipe again next week. That's the highest recommendation possible. If you are wanting a book to teach you about vegetarian eating and cooking and are looking for easy to prepare recipes that are delicious, this is the cookbook for you!

I love to cook healthy meals, and this cookbook is wonderful. The recipes are done in typical Martha-style: nice photos, achievable techniques, easy-to-find ingredients, and appetizing dishes. To top it off, the nutritional info is included with each recipe. Well done!

I have decided that every cookbook I purchase must meet at least two of my essential cookbook criteria, so it was a risk to preorder Meatless sight unseen. I'm very happy--it meets all my criteria. It has:- clear recipes- a description of each dish so that I know what is special about it- a picture of each dish so I know how it should look- basic nutritional information for each dishThe food looks good and the pictures enticing enough that I want to get cooking. I haven't made anything yet, so I don't know how yummy the food is, but my past experience with Martha's recipe's has been good, so I expect that to continue to be true.\_\_\_\_\_ Update 3/12/13: I've made several recipes from this cookbook. I'm pleasantly surprised with how simple, healthful and tasty

they are. There is care taken to add whole grains and cut down on fat, which is not always the case with vegetarian cookbooks.

I have never left a review before, but I am so instantly in love with this cookbook that I feel the need to rave about it. It literally just arrived this afternoon, and I have already read it from cover to cover. Every single recipe has a photo, which makes it so much easier to picture and dish and gauge your interest in it. And as an avid cook and someone with plenty of vegetarian cookbooks, I still found tons of things I haven't tried before and am excited about. I love the idea of offering many of the items in multiple variations. Super practical. The organization of the cookbook makes sense. Overall, I just love it. I can't believe it was so cheap. I have paid three times as much for cookbooks that I have yet to use. And I'm already planning dinner out of this one! To be honest, I wasn't in love with the title. I don't think of my diet as "less" something. I think of it as a whole and complete way of eating. But regardless of the title, the book doesn't try to replace the meat in dishes. It offers beautiful dishes, that just happen to be vegetarian. Seriously, buy this cookbook!

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