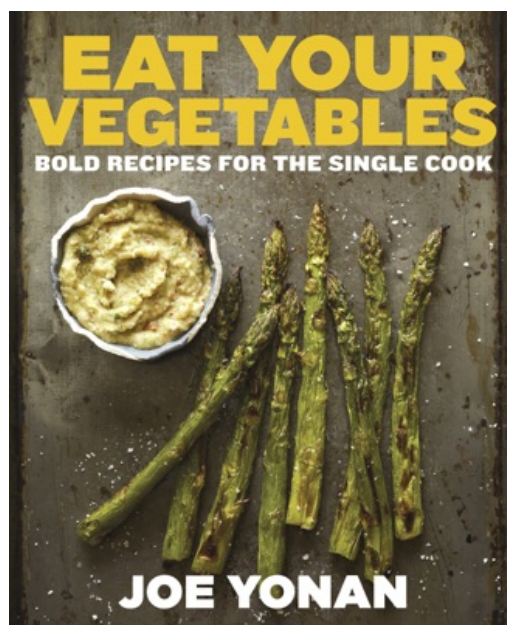


Download Eat Your Vegetables free Joe Yonan (PDF, ePub, Mobi)



A collection of eclectic vegetarian and vegan recipes for singles as well as lone vegetarians in meat-eating households, from the beloved James Beard award-winning *Washington Post* editor and author of *Serve Yourself*.

Whether you're a single vegetarian, an omnivore who's looking to incorporate more vegetables in your life, or a lone vegetarian in a meat-eating household, you know the frustrations of trying to shop, plan, and cook for one.

With *Eat Your Vegetables*, award-winning food editor of The *Washington Post* and author of the popular column *Cooking for One*, Joe Yonan serves up a tasty book about the joys of solo vegetarian cooking. With 80 satisfying and globally-inspired vegetarian, vegan, and flexitarian recipes such as

Spinach Enchiladas, Spicy Basil Tofu Fried Rice, and One-Peach Crisp with Cardamom and Honey, Yonan arms single vegetarians with easy and tasty meal options that get beyond the expected. In addition to Yonan's fail-proof recipes, *Eat Your Vegetables* offers practical information on shopping for, storing, and reusing ingredients, as well as essays on a multitude of meatless topics, including moving beyond mock meat and the evolution of vegetarian restaurants.

The perfect book for anyone looking to expand their vegetarian and produce-based repertoire, Yonan's charming, personable voice and unfussy cooking style encourage home cooks—both new and experienced—to take control in the kitchen and craft delicious veggie-centric meals for one.

título	:	Eat Your Vegetables
Autor	:	Joe Yonan
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Size	:	21.03MB

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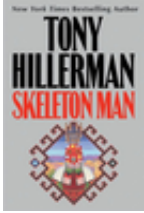
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