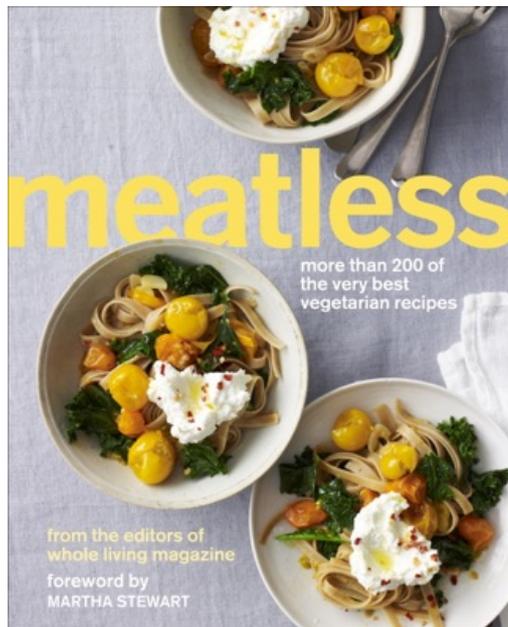


# Download Meatless free Martha Stewart Living (PDF, ePub, Mobi)



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'll 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'll 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"

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<b>Autor</b>	:	Martha Stewart Living
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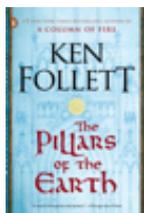
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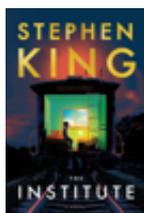


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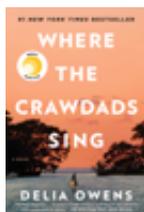


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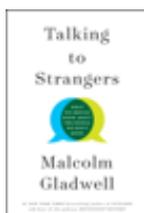


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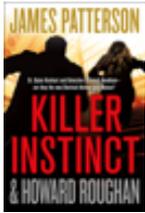


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