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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'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"

## Book Information

Paperback: 384 pages

Publisher: Clarkson Potter; 1 edition (January 8, 2013)

Language: English

ISBN-10: 0307954560

ISBN-13: 978-0307954565

Product Dimensions: 7.3 x 1 x 9.1 inches

Shipping Weight: 2.4 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 337 customer reviews

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## Customer Reviews

For more than twenty years, the food editors and chefs in the kitchens at MARTHA STEWART LIVING have produced dozens of bestselling cookbooks, including Martha Stewart's Cooking School, Martha's American Food, Martha Stewart's Baking Handbook, Everyday Food: Great Food Fast, and Power Foods. MARTHA STEWART is the author of more than 75 books on cooking, entertaining, crafts, home-keeping, gardens, weddings, and decorating. She is the host of Cooking School on PBS.

It seems to me like Martha Stewart kitchens is upholding the high standards set for it by its founder. I am macrobiotic, and while these vegan recipes are not at all macrobiotic (including dairy in some, just for example), I think I can adapt many of them for my use. What makes this book especially great are the full-size illustrations of each dish. They look delicious and they inspire. The recipes also seem quite good, and very few have sweets. I'll probably be able to use over half of these recipes with no modification whatsoever, and in others, I'll substitute tofu for cheese or dairy. Surprising few are potato, pepper or tomato-based, which is another reason I like the book, as I avoid all the nightshades (as should anyone with arthritis or other auto-immune problems).

I went vegetarian about three months ago and got this book for ideas and variety. It has a breakdown of staples you should keep in your cabinet in order to make a lot of the recipes so you're not running out to the store every time you want to use the book. And, my favorite part is that the

majority of the recipes have pictures. I noticed with other cookbooks, I would tend to only use the recipes with pictures so I figured I might as well get a cookbook where all the recipes have pictures so I'll actually use most of the book.

As a vegetarian/macrobiotic cook I bought this book to get fresh ideas for meatless recipes and was not disappointed. In fact, like it so much, bought another copy as a Christmas present for a good friend. The pictures are beautiful, layout works great and really appreciated the little blurb at top of each recipe. Kudos to Martha for her culinary creativity and imagination. My fervent wish would be for another vegan cookbook with more recipes using tofu, tempeh and seitan. My best to Martha!

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.

Truly easy to prepare ingredients you can find in your local supermarket the meals are truly delicious I recommend it for any vegan or anyone else who just wants to experience all vegetarian

life style for a short time. Wonderful pictures they make you hunger for the food just create a shopping list of your favorite dishes in the book and get started you'll love it just as I do! I have personally cooked several of these meals and I must say they are the very best in taste and easy to prepare but they taste like a chef prepared them again Martha has out done her self. I have several favorites, I urge you to try this book you will not be disappointed and I am not a Vegan. But these recipes are so good you will want to cook them all the time to go with your meat meals, give it a try it is truly worth it!

Vegetarian books are a dime a dozen. But this one is actually simple and has good recipes. I hate the types of books that list all of these foreign sounding ingredients you have to go to Whole Paycheck to get. Most everything in here you can get at your local Kroger and prepare in less than an hour.

As a recent meatless Monday person I've found myself tired of making acorn squash and tofu every week. Received this as a much appreciated birthday gift, its been greatly appreciated and used. Great if you're afraid of meatless being another word for boring.

I got this cookbook because my daughter decided to become vegetarian and I need some new ideas about what to cook. It's actually turned out to be my daughter favorite place to find recipes.

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