



## On the Road to Vegetarian Cooking: Easy Meals for Everyone

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By Anne Lukin

Second Story Press. Paperback. Book Condition: new. BRAND NEW, On the Road to Vegetarian Cooking: Easy Meals for Everyone, Anne Lukin, "On the Road to Vegetarian Cooking" is for everyone: the beginner trying this style of cooking for the first time, the committed vegetarian who wants help with meal planning and is keen to try new and wonderful culinary delights, and the basic "meat and potatoes" cook wanting to incorporate healthy dishes into the family diet. Anne Lukin has compiled an exciting combination of international recipes and home-grown favourites. Complementing the recipes are sections on the benefits of a vegetarian diet, common vegetarian ingredients, a guide to herbs and spices and the specifics of menu planning. Lukin has also included information on kitchen equipment and a glossary.



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