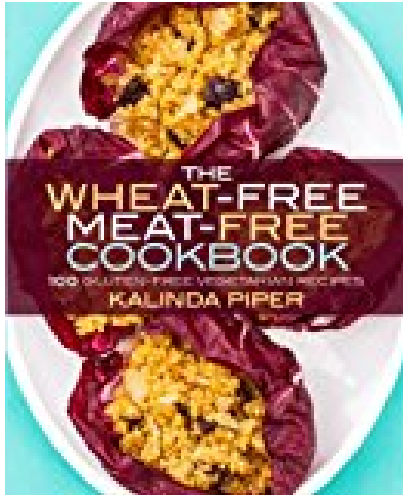


The Wheat-Free Meat-Free Cookbook 100 Gluten-Free Vegetarian Recipes



BOOK DETAILS

- Author : Kalinda Piper
- Pages : 220 Pages
- Publisher : Pickled Publishing LLC
- Language : English
- ISBN : 0692233792

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BOOK SYNOPSIS

Discover the secrets of healthy and sustainable eating that have been practiced along the trade routes of Asia for centuries. This unusual cookbook is filled with richly-flavored vegetarian, vegan and gluten-free recipes that will be a welcome change for any vegetarian or vegan to enjoy. Plus, most of these delicious recipes can be made using ingredients from your local Farmers market or CSA share! Delicious vegetarian and vegan recipes include: Bengali Potato & Zucchini Curry Afghan Risotto Zucchini with Basil Vinagrette Turkish Baked Eggplant with Mint Curried Lentil Burgers Israeli Chopped Salad Sesame Kale Salad And dozens more... Dishes from the Silk Road have their roots in the ancient village food traditions of Asia, where a few healthy ingredients from local gardens were blended with spices to create meals that are nutritious, varied and flavorful, as well as being ethical and sustainable. Author Dahlia Abraham-Klein is a food educator and nutritionist who draws from her own family heritage to create meals that honor what is most meaningful about cooking and food everywhere in the world—a connectedness to place, history and family. Her book is about developing culinary awareness and celebrating diversity—discovering foods with contrasting tastes and textures that are simple and easy.

THE WHEAT-FREE MEAT-FREE COOKBOOK 100 GLUTEN-FREE

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