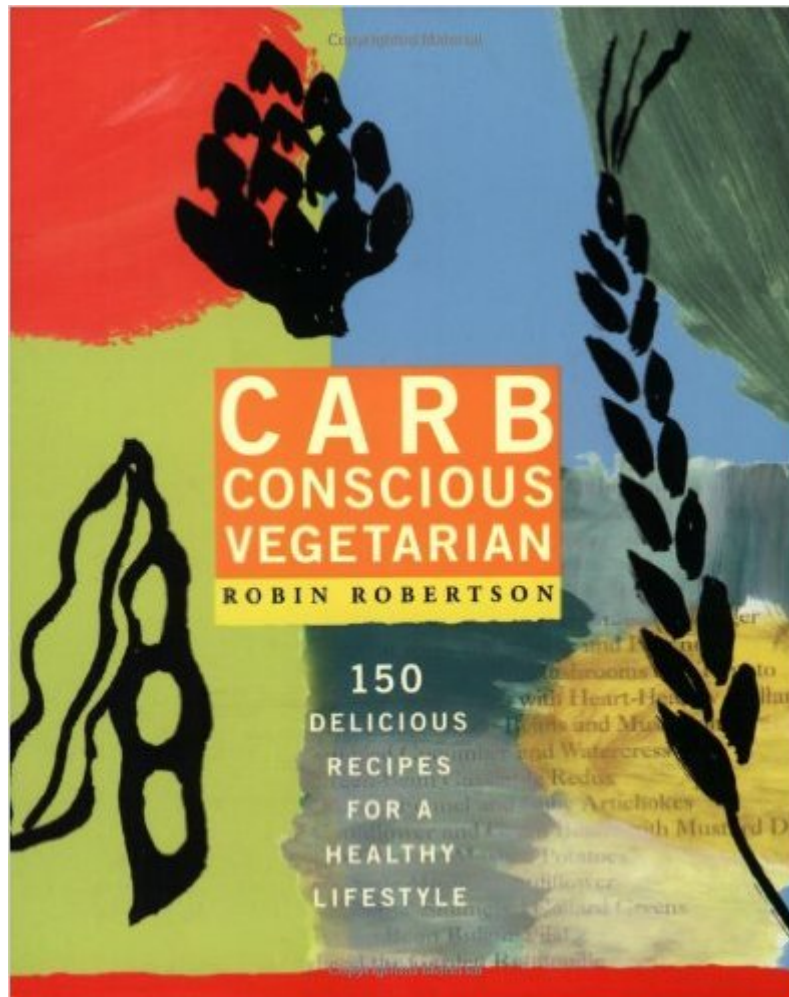


The book was found

Carb Conscious Vegetarian: 150 Delicious Recipes For A Healthy Lifestyle



Synopsis

Now you can enjoy healthy, low-carb meals without the cholesterol--in this collection of high-protein, high-fiber meat and dairy-free recipes. The low-carb revolution continues to take the nation by storm. But the heavy emphasis these diets place on meats leaves vegetarians in the lurch. Now, with *Carb Conscious Vegetarian*, acclaimed cookbook author Robin Robertson offers 150 fabulous carb-conscious vegetarian recipes--meat and dairy-free dishes that banish refined carbohydrates and bring out the best flavors from vegetables and other vegetarian ingredients. Within these pages are 150 dishes that are simple to prepare yet offer the full rich flavors of more complicated fare. The delightful appetizers and main courses include Lettuce-Wrapped Spring Rolls with Spicy Peanut Sauce, Mushrooms Stuffed with Spinach and Pine Nuts, Moroccan Vegetable Tagine, and Fennel and Artichoke Gratin with Three-Herb White Bean Pesto. Sensational stews, salads, soups, sauces, sides, and scrumptious good-for-you desserts round out the mix. At last, there's a delectably enlightened way for America's 12 million vegetarians--and the millions of other health-conscious individuals who want to up their fiber and reduce their cholesterol--to reap all the benefits of a carb-conscious lifestyle.

Book Information

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Customer Reviews

I have a very large collection of vegetarian cookbooks and I have to limit myself now to only adding books that offer something truly special. Well, I know that I can always rely on Robin Robertson and I was looking forward to the release of this book. I have had wonderful results with her other

vegetarian cookbooks including Vegan Planet, The Vegetarian Meat and Potatoes Cookbook, Fresh from the Vegetarian Slow Cooker and others. I actually own all of her cookbooks. It is amazing how she never fails to provide delicious, simple to prepare, reliable and flavorful vegetarian recipes and this newest cookbook doesn't disappoint!! I highly recommend Carb Conscious Vegetarian for all vegetarian and vegan households. Actually, anyone who is interested in eating more healthfully can benefit from this collection of recipes. Plus, they are all creative and delicious. This book is different from some other vegetarian cookbooks because it doesn't rely heavily on dairy products or refined carbohydrates to add the bulk of meals. Every recipe is vegan and combines fresh vegetables, fruits, beans, soy, whole grains and spices to achieve great results. The Ginger Sherry Tofu with Green Beans and Water Chestnuts was so awesome that we made it two nights in a row and devoured it entirely. It is easy to prepare and the fresh taste was awesome. We also tried the Sultry Summer Salsa and that was one of the prettiest and best tasting salsas we have ever had. It is perfectly tangy thanks to the tomatillos (which I had never tried before) and the colors are beautifully vibrant with yellow, green and red. It was perfect and my hubby is a salsa connoisseur.

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