



Easy Vegan: Simple recipes for healthy eating (Easy (Ryland Peters & Small))

From Ryland & Peters

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Hearty and warming soups include Butternut Squash with Allspice and Toasted Pine Nuts, plus lighter choices for summer such as Zucchini, Fava Bean, and Lemon Broth. Try delicious Snacks and Light Meals such as Hot Red Pepper and Walnut Dip; Lentil, Carrot, and Cilantro Pâté; Sesame Potato Wedges with Peanut Dipping Sauce; and Vegetable Potsticker Dumplings with Citrus Dipping Sauce. Satisfying Salads to enjoy include Tabbouleh with Chickpeas and Spring Greens; Spicy Cauliflower and Swiss Chard Salad; and Fennel and Orange Salad with Black Olives. Filling Hot Dishes to savor are Stir-fried Tofu with Crisp Greens and Mushrooms; Barley Risotto with Radicchio; and Creamy Vegetable and Cashew Nut Curry with Coconut Milk. Sweet Things are a must—choose from Tropical Fruits in Lime and Chile Syrup; Rhubarb and Apple Crumble; and Cherry and Hazelnut Oat Cookies. Finally, Drinks include nutritious yet delicious concoctions such as Vitamin C Boost Juice; Pineapple and Passionfruit Soy Shake; Peanut and Carob Smoothie, and Date, Banana, and Rice Milk Frappé.

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Editorial Review

About the Author

Since 2000, Ryland Peters & Small was founded in 1995 to bring a breath of fresh air to illustrated book publishing. At their offices in London and New York they work with the best authors, photographers, illustrators and stylists to create books that combine innovative, cutting-edge design and images with practical, accessible information. Their beautiful books are devoted to the pleasures of life: health and wellbeing, our homes and gardens, the food we eat, the wine we drink. Ryland Peters & Small staff has enormous fun creating their books, and they hope you have as much fun reading them. In 1999 they launched the Paperstyle gift range of elegant notecards, journals, interactive journals and address books. All perfect for gifts but perhaps too good to give away?

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