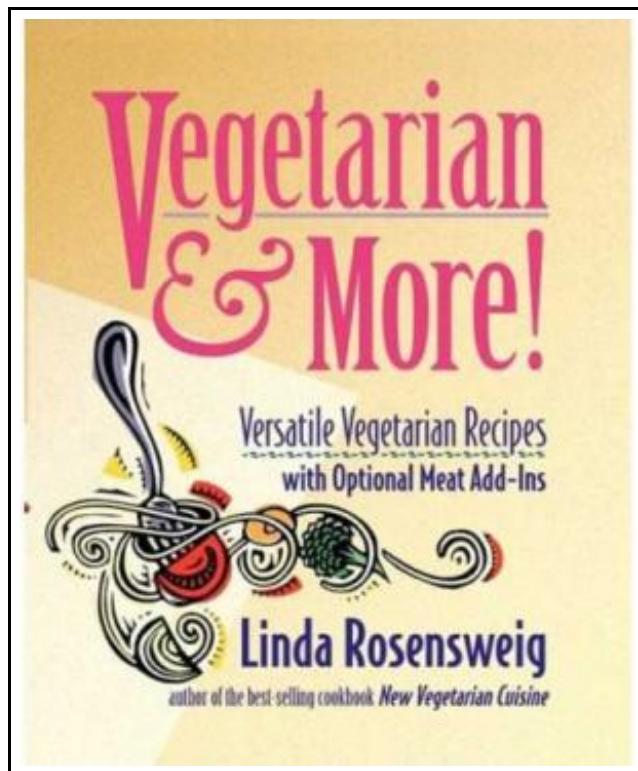


## Vegetarian and More: Versatile Vegetarian Recipes with Optional Meat Add-Ins



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Rodale Books. Paperback. Book Condition: New. Paperback. 324 pages. Dimensions: 9.2in. x 7.4in. x 0.7in. According to a recent survey, 14 million Americans call themselves vegetarians. Of that, only 2 million eat no animal meat whatsoever. The remaining 12 million are part-time vegetarians who eat fish, poultry, or red meat on occasion. For this large and growing group, Linda Rosenweig offers a cookbook to satisfy vegetarians and non vegetarians alike. Rosenweig's experience stems from years developing recipes for Weight Watchers, Prevention, and Good Housekeeping magazines. Her 225 vegetarian recipes in **Vegetarian and More!** include Quick Conversions, allowing readers to easily add meat, poultry, or fish to some or all of the recipe. These are especially convenient for split households, where only a few members are vegetarians. The focus is on simplicity: only common, store-bought ingredients are used, and most of the recipes are ready in less than 45 minutes. The book also features the new Vegetarian Diet Pyramid from the American Dietetic Association. **Vegetarian and More!** allows those eating less meat, vegetarians, and meat lovers total satisfaction. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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