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## EatingWell Fast and Flavorful Meatless Meals: 150 Healthy Recipes Everyone

By Price, Jessie. Burris, Ken, Photographer.Gorman, Rachael Moeller, Introduction by.Oz, Daphne, Foreword by.

Countryman. 1 Cloth(s), 2011. hard. Book Condition: New. Even if you're not interested in becoming a vegetarian, eating less meat even a few times a week can have a host of health benefits. Demonstrating that healthy fare can be both filling and satisfying, this collection of recipes includes Bean Burgers with Spicy Guacamole; Half-Hour Chili; Egyptian Edamame Stew; Green Salad with Strawberries and Goat Cheese; French Onion Pizza; Butternut Squash Pilaf; Peanut Butter & Pretzel Truffles; and a Cherry-Vanilla Bean Milkshake. Color photographs appear throughout the book, and each recipe includes clear instructions and the nutritional information for the dish. 231.

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