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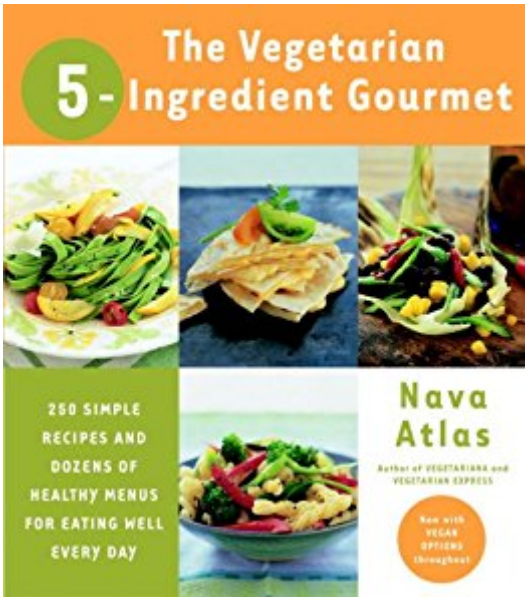
The Vegetarian 5-Ingredient Gourmet: 250 Simple Recipes And Dozens Of Healthy Menus For Eating Well Every Day



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Synopsis

â œNava Atlas has solutions for maintaining sophisticated flavors in the dishes she creates and still manages to keep the ingredients healthy.â • â ”Cooking Light Eating healthfully is a challenge for those with fast-paced lives. In The Vegetarian 5-Ingredient Gourmet, Nava Atlas pares meal preparation down to the essentials, using just a few high-quality ingredients in each delicious dish. Focusing on whole foods and fresh produce (with a little help from convenient natural sauces and condiments) she serves up a varied range of choices for everyday fare.More than 250 recipes include soups, salads, and pastas; grain, bean, and soy entrees; wraps and sandwich fillings; simple side dishes; fruit-filled finales; and more. The full-flavored fare made from five ingredients or less includes Curried Red Lentil and Spinach Soup; Greek-Flavored Potato Salad; Black Bean Nachos Grandes; Baked Barbecue Tofu and Peppers; and Miniature Fresh Fruit Tarts. Filled with ingenious shortcuts and sprinkled with kitchen wisdom and tips throughout, The Vegetarian 5-Ingredient Gourmet also offers the reader dozens of menu suggestions to help make meal planning effortless.From sophisticated (Mixed Greens with Pears, Cranberries, and Goat Cheese) to kid-friendly (Peanut Butter Noodles), here are recipes to suit every taste. Nava Atlas makes it simple for busy families or active singles to eat the kind of high-nutrient foods everyone needs and to enjoy the robust flavors everyone craves.From the Trade Paperback edition.

Book Information

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Customer Reviews

Hooray! This is the cookbook for which I have been waiting. In fact, if you are vegetarian or vegan, you have very likely been waiting for it, too. It truly has wide appeal. Whether you are a veggie teen, an active and over-committed adult, or a senior citizen wanting to keep it simple (as in easy), you will enjoy and value Nava Atlas' book as much as I do. There is so much I love about it, and only two things I would change; but they are teensy-weensy criticisms. First, about the recipes: true to her word, Ms. Atlas has somehow managed to create 250 recipes, each with five or less ingredients. You will find familiar stand-bys, as well as new and imaginative dishes. Looking for a hummus recipe? It's in there. How about veggie pizza? It's in there, too (twelve pages of pizza recipes-delicioso!) Do you enjoy a comforting, nourishing soup? Yep; you will find that, too, in "Chapter 1: Simplicity in a Soup Pot." What about tofu? I have been eating tofu regularly for nearly ten years now. You can imagine that my favorite tofu recipes no longer create much excitement at the dining table. Therefore, I am always on the lookout for an addition to my tofu repertoire. Was I ever excited to find an entire chapter ("Chapter 5: Essential Soy") devoted solely to tofu recipes! That's where I headed first.There is so much more to The Vegetarian 5-Ingredient Gourmet than recipes. If your mantra is, "I don't have [pick one or more] a) the time, b) the inclination, c) the know-how to successfully prepare a vegetarian or vegan meal," have no fear. Ms. Atlas has done all the thinking and the work (except the cooking, of course), including a complete shopping list for stocking your cupboards, menu suggestions for each and every recipe, a menu-planning guide, and nutritional statistics.

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