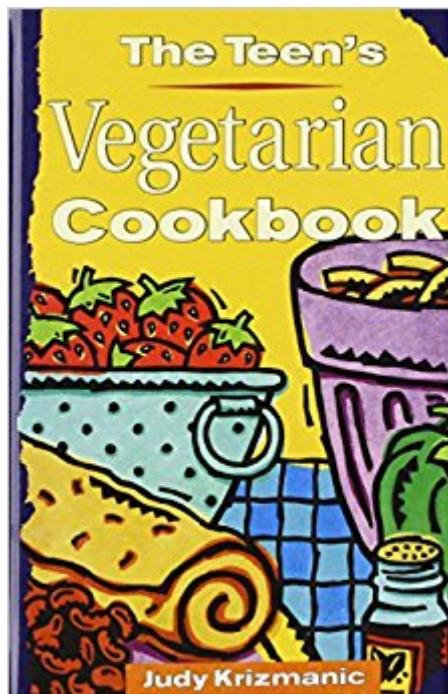


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# The Teen's Vegetarian Cookbook



## **Synopsis**

The perfect beginning cookbook for both new vegetarians and parents who are trying to accommodate a vegetarian in the house, The Teen's Vegetarian Cookbook includes recipes for breakfast, lunch, dinner, snacks, and dessert. With an insightful introduction to the basic nutritional concepts of vegetarianism, Judy Krizmanic guides teen vegetarians through slicing and dicing, serving vegetarian snacks at parties, and even making an entire meal for the family. Filled with "Insanely Easy" ideas, as well as more involved recipes, The Teen's Vegetarian Cookbook will get teens into the kitchen and cooking up delicious meals in no time. --This text refers to an out of print or unavailable edition of this title.

## **Book Information**

Library Binding: 186 pages

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Average Customer Review: 4.6 out of 5 stars 57 customer reviews

Best Sellers Rank: #1,453,468 in Books (See Top 100 in Books) #75 in Books > Teens > Hobbies & Games > Cooking

## **Customer Reviews**

Grade 5 UpThis title will be in great demand. The recipes are clearly written and most contain commonly found ingredients. Anecdotes from teens enhance the clearly organized sections. Helpful hints, suggested substitutions, and complete menus all add to this attractive presentation. A How-To-Get-Your-Nutrients Substitution Chart is included to ensure a healthy diet. A tasty treat that will enhance cookbook shelves.Kathleen A. Nester, Downingtown High Ninth Grade Center, PA  
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Krizmanic offers a great companion to her 1994 proactive A Teen's Guide to Going Vegetarian. Quotes from young adults who have made themselves comfortable as vegetarians are scattered through a palatable selection of vegan (no meat, milk, eggs, etc.) recipes encompassing everything

from breakfast items to desserts. Also included are many "fast-food" and easy-to-prepare (identified by a special icon) dishes for teens who aren't crazy about spending time in the kitchen. Recipes are laid out nicely, with ingredients listed first, followed by a numbered sequence of clear instructions. Boxed insets in Krizmanic's strong, clear voice add background on vegetarianism, and there's a helpful food chart to remind readers about nutritional values. Teens new to vegetarian cooking will find the glossary of "unusual" foods helpful, as well. Stephanie Zvirin --This text refers to an out of print or unavailable edition of this title.

Great recipes in an easy to understand format. My teen daughter already enjoys cooking, but she was not finding many vegetarian recipes that she was interested in trying. This book has some fun foods and recipes for her to try.

Getting teenagers to eat healthy meals isn't always easy and vegetarian teens are no exception. The Teen's Vegetarian Cookbook by Judy Krizmanic provides a good selection of nutritious recipes that will appeal to vegetarian teenagers - as well as those whose teenage years are behind them. Besides offering a variety of recipes in sections typically found in most vegetarian recipe books, Krizmanic also includes useful chapters on "Easy Pasta Dishes" and "College Cuisine." "The How-To-Get-Your-Nutrients Substitution Chart" and calcium and iron sources listed are informative and helpful as is a "Glossary of Basic Cooking Terms and Unusual Foods." An icon pointing out those recipes that are easy to make is also useful.

I bought this book for my 17 year daughter. It is informative about vitamins and minerals you find in a variety of foods. The recipes are "insanely" easy! And a lot of it is stuff she and her friends like to eat. I've tried several of the snack recipes myself. It's a good cook book to have on hand.

I thought for a Teen Cookbook the recipes would be a bit simpler. However, as an adult, there are some great ideas for when you are too tired to cook. The book is easy to read and follow/

This is not just a cookbook! It is excellent for a teen, or anyone starting out as a vegetarian in a nonvegetarian society. It gives great advice on foods, their prices and easy preparation tips. There is also great insight included throughout from experienced vegetarian teens. Almost all of the recipes can be done very quickly and the ingredients are flavorful and common.

I borrowed this book from the library and decided I really wanted to buy it! I love the 'insanely easy' recipes featured and the helpful tips for vegetarians; in one day I tried three recipes from this book and I hope to try more. The reason why I didn't put 5 stars is because it doesn't include the nutrition information, so you don't know how many calories and things you're eating which I wish it had because that would be helpful; also it'll say four servings for a recipe, but how much is that? 1 cup? 2 cups? I like recipes that include that and if this book had both those things then I would love it! But definitely give this book a try, it's worth it. :)

Our granddaughter has this book and when I saw it I knew I had to have it. It has the best vegie recipes in it for everyone....easy to fix ones too.

I bought this book as part of a group of books to complete a selection of books I thought would help my Niece learn about becoming a vegetarian, or learn what it takes to cook like one. She is 8 years old. She was very happy to get them.

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