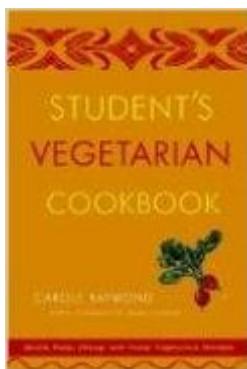


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# **Student's Vegetarian Cookbook, Revised: Quick, Easy, Cheap, And Tasty Vegetarian Recipes**



## Synopsis

With vegetarian eating on the rise and with more young adults adopting this lifestyle, Student's Vegetarian Cookbook, RevisedÂ provides the means for developing healthy, low-fat meals that are quick, easy, and inexpensive to prepare. This cookbook will include a wealth of new and updated recipes, new health information including food source charts, and a new section of resources. Fully updated and revised, some of the new recipes (and revised old favorites) in the book include:\*

Simple sushi recipe\* Drink recipes for tea including Chai\* Stuffed Green Peppers\* Filling Stews\* Tofu No-Egg Salad\* Sweet Potato Fries\* Popcorn with Crumbled Toasted Nori\* Pizza Revisedâ "simpler and BETTER\* Lazy Lasagne Revised This book will also include savvy tips for grocery shopping and how to choose produce, simple cooking techniques (and new pointers), and a chapter on shortcut recipes.

## Book Information

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## Customer Reviews

Perfect for students, but just as valuable for health-, time- and budget-conscious grown-ups, Raymond's updated cookbook offers 142 quick and easy recipes for all kinds of vegetarian delights, including breakfasts, salads, sandwiches, pastas and stirfries. With the knowledge of a nutritionist and the warmth of a mom, Raymond urges her readers to embrace meatless cooking for its ease, its economy and its benefits for both people and the environment. For those new to vegetarianism, she covers techniques for smart shopping and kitchen tricks; for the truly harried, her 10 "No-Time-to-Cook" recipes prove that a decent and healthy meal can be whipped up sooner than

you can say "Pizza to go." The recipes draw on various cuisines-there's Greek-Style Scrambled Tofu, Black Bean and Yam Quesadillas, Pad Thai and Pasta Primavera-and are uniformly simple and delicious. Raymond also offers vegan recipes, drinks and desserts. With readily available ingredients, prep times that never exceed 20 minutes (and that are often in the single digits) and directions that rarely call for any appliance more complicated than a blender, this volume should be required reading for any student vegetarian. Copyright 2003 Reed Business Information, Inc.

Eat Your Vegetables! --This text refers to an out of print or unavailable edition of this title.

When my daughter went through her "vegetarian phase," I bought her this book. Most kids who try to be vegetarian think that anything without meat is good vegetarian fare, like Cheetos. She did not once use the book nor did she stick with being vegetarian. That said, I have used this book MANY times for my family cooking. The book is geared for teenagers or young college vegetarians. It gives some sound advice on making protein and getting nutrients. The book has MANY easy to make vegetarian recipes, and the portions are usually for 1 to 4 people (to make food for the family, I often had to double and triple the recipes). Another good quality about this book is that many of the ingredients used are relatively inexpensive and common place. The average cooking time on a lot of these recipes is 10 minutes. After using this book for a while, one learns how to make their OWN vegetarian fare, as you learn the basics of vegetarian cooking.

I got this cookbook as a gift to myself on my 6 year reunion of being a vegetarian. I haven't actually cooked anything from it since school hasn't started but I have found 18 recipes that I know I will try. Most of them, if not all, require fresh ingredients. Still, they don't seem to be very expensive. The author is amazing and gives the reader A LOT of information about animal rights, the environmental and health benefits of being vegetarian/vegan, and how to shop for fruits and veggies. I literally know nothing about cooking so shopping instructions are a must and i am so thankful that she thought to include that information. All in all, I recommend this cookbook to anyone. I only took off one star because a few of the recipes are way too simple.

yummy, simple, inexpensive, quick and healthy meals. This is the second time I'm buying this book. My last one finally fell apart after 12 years of use. Every receipe in this book is really good and very simple to make.

My mom bought me the original book several years ago when I decided to try vegetarianism. I used the book often not only taking recipes as written but I also used them as a basis for experimenting with adding and removing ingredients. The book was lost in a recent move and I missed it so much I purchased this edition as a replacement. All is right with the world again. The recipes are often fairly basic but you will learn some great techniques you can easily build upon to create your own recipes. It is also very budget friendly. Some of my absolute favorites are in the Soup and Stews section. Especially the Lentil Soup and the Moroccan Stew.

No pictures at all - just black and white text on plain paper. I gave as a gift, so I have no idea if the recipes are good.

I bought this little cookbook about a year ago for my daughter who is in law school. She likes to cook and tries to always eat healthy and mostly vegetarian. I hoped it would give her ideas to create interesting menus. It did. She loved everything in it and would call me and give me recipes she wanted me to try. I finally ordered one for myself. I use this book every day. I have 3 to feed for most meals so I just stretch the recipes a bit to compensate for the amounts I need -- it's really easy. My recently divorced son was visiting for a few days and commented on how much he liked some of the dishes I fixed while he was here - so - I bought another Student's Vegetarian Cookbook for him. The recipes are very easy to prepare. It is easy to find the ingredients in most regular grocery stores and they don't take a lot of time. I can pop open the book and plan 3-4 days of meals and sandwiches and head for the grocery with my list. We are not vegan, but eat fish, eggs, milk, etc. We avoid all red meats, turkey, chicken so this book works great for us. I love the mountain high chocolate cake recipe. It is so easy and sooooo good. I made it once for a birthday party and doubled the recipe so it made two layers & filled it with ice cream and served it as an ice cream cake. I appreciate the hints and info on nutrition and shopping tips.

Bought this as an 18 year old freshman entering college and still using it today at 25 :) Learned some of my "go to" meals with this book. Would recommend for adults and younger people alike - all the recipes are geared towards small budgets and condiments that everyone keeps around the house. Love it

I bought this for a friend who is trying to go more vegetarian because the recipes are for 1-2 people. There should be more cookbooks with recipes for 1-2 people, so many people live alone today. BUT

there are no pictures in this book, so it wasn't quite the winner I'd hoped it would be.

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