

Are you considering going vegetarian? Or, are you an experienced vegetarian looking for new ideas? Either way, this is the right book. You see, while the value of eating a meat-free diet is well-known, you need a road map to get the most from the vegetarian experience. A truly healthful vegetarian diet requires careful attention to nutritional balance—something few of us have time to consider. And, of course, the recipes must be delicious, so that we stay happily committed to meat-free eating. The First Book of Vegetarian Cooking does just that by combining good nutrition with mouthwatering recipes, such as:• Seven-Layer Dip• Thai Salad with Peanut Sauce• Mushroom Bisque• Spaghetti Squash Parmesan• Fettuccini Alfredo• Potato Vegetable Quiche• Apricot Smoothie• Amaretto Cheesecake• Creamy Dreamy FudgeTake the time to browse through this book and see for yourself the exciting variety of vegetarian recipes. We think you will understand our enthusiasm.Takes the work out of eating healthy. This is one of the few vegetarian cookbooks we can recommend without hesitation.—John McDougall, M.D., and Mary McDougall, authors of The McDougall Quick and Easy CookbookI heartily recommend this wonderful book. It makes healthy eating irresistibly easy.—Neal Barnard, M.D., president of Physicians Committee for Responsible Medicine and author of Eat Right, Live Longer; Nutrition for Healthy Hearts; and Food for LifeDionne Stevens The First Book of Vegetarian Cooking is a tasteful guide to healthier food.—Julian Whitaker, M.D., author of Dr. Whitakers Guide to Natural Healing About the AuthorDionne Stevens, N.D., is a nutritionist, lecturer, and certified reflexologist. She comes from a long line of restaurateurs, and began cooking when she was very young. She lives in Tampa, Florida, where she is a coordinator for Tampa Bay Harvest, an organization that feeds the hungry without money. Visit Dionnes online //Nutrition Hot Line.

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