



Eat Your Vegetables: Bold Recipes for the Single Cook

Joe Yonan

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A collection of eclectic vegetarian and vegan recipes for singles as well as lone vegetarians in meat-eating households, from the beloved *Washington Post* editor and author of *Serve Yourself*.

An increasing number of Americans are turning to plant-based diets, both for their health and the economic benefits. And for many, they are the only one in their household who has made the change--making it the perfect time for this book of vegetarian, flexitarian, and vegan recipes specifically sized for single portions. In addition to 80 delectable and satisfying recipes, *Eat Your Vegetables* features essays on moving beyond mock meat and the evolution of vegetarian restaurants, as well as economical tips for shopping for, storing, and reusing ingredients.

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