



# The One-Dish Vegetarian: 100 Recipes for Quick and Easy Vegetarian Meals

*Maria Robbins*

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## **The One-Dish Vegetarian: 100 Recipes for Quick and Easy Vegetarian Meals** Maria Robbins

In this expert and one-of-a-kind collection, veteran cookbook author Maria Robbins lifts the lid off healthy, hearty vegetarian cooking. Anyone who longs for something new on the table will find plenty to choose from, with recipes that use techniques and flavors from Creole, Chinese, Mexican, Italian, Moroccan, and other cuisines--each one a well-rounded meal in itself. A colorful cookbook that celebrates whole grains, fresh vegetables, and spices from around the world, *The One-Dish Vegetarian* is just right for part-time, full-time, and first-time vegetarians--and anyone else with a taste for fast, flavorful meals that come all in one dish.

Whether you're a card-carrying vegetarian or one of millions of people looking for lighter, healthier alternatives to traditional meat-as-main-course meals, *The One-Dish Vegetarian* will bring an irresistible feast of fresh ideas to your kitchen. Veteran cookbook author Maria Robbins presents one hundred new soups, stews, chilis, pasta and rice dishes, casseroles, sautes, curries, and salads--each in its own pot, and each a healthful, flavorful delight.

Using the freshest ingredients of each season and vibrant spices from around the world, the recipes include Fusilli with Broccoli and Peanut Sauce; Moroccan Eggplant, Tomato, and Chick-Pea Stew; Soba Noodles with Mushrooms and Peas; Sag Harbor's Vegetarian Chili; Risotto with Butternut Squash and Sage; Vegetarian Paella; Saute of Summer Vegetables with Corn; Green Chili with White Beans; and many more.

For anyone who's ever thought, "I'd love to cook vegetarian meals-but what's the entrée?" the answer comes in one delicious dish!

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