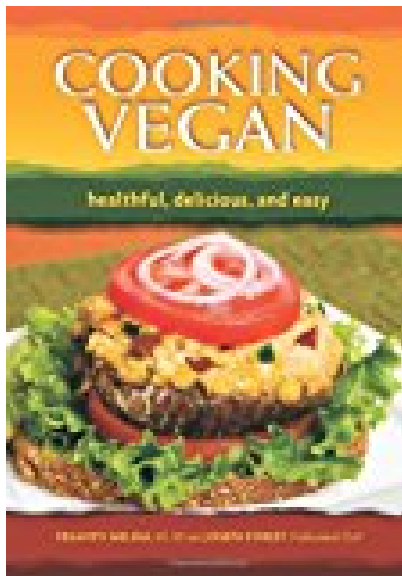


Cooking Vegan



BOOK DETAILS

- Author : Vesanto Melina
- Pages : 224 Pages
- Publisher : Book Publishing Company
- Language : English
- ISBN : 1570672679

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BOOK SYNOPSIS

COOKING VEGAN was designed to help vegan and non-vegans alike understand how to use plant-based foods to sustain and maintain good health. Internationally renowned vegan dietitian Vesanto Melina and professional chef Joseph Forest combine their expansive knowledge and experience in this tour de force of information and tempting recipes to help readers expand their nutritional knowledge and increase their culinary repertoire. A companion book to Vesantos best-selling *Becoming Vegan* (coauthored with Brenda Davis, R.D.), COOKING VEGAN expertly demonstrates that a well-balanced vegan diet supplies all the nutrients our bodies need. Explicit information is given on which foods provide protein to help maintain fitness, the right combination of nutrients to build strong bones, the best sources for carbohydrates and fats, and smart choices for obtaining vitamins D and B12. Each recipe has a complete nutritional analysis listing the number of calories and the amount of protein, fat, carbohydrates, minerals, vitamins, and essential fatty acids per cup or serving. A Vegan Food Guide describes the necessary food groups and provides recommended servings for optimal nutrition. Special emphasis was placed on creating foods that appeal to the senses of sight, smell, taste, and touch. A beginner seeking simplicity and a gourmet chef exploring the depths and nuances of flavor will both find nourishing and appetizing meals easy to assemble. Twelve daily menus combine recipes to help people of any age, activity level, or ability in the kitchen get a sense of how to mix and match dishes to suit their needs. A few of the delicious recipes to savor include Cashew Cheese Lasagne, Fiesta Quinoa Salad w/ Lime Dressing, Portobello Mushroom Burgers, Tuscan Minestrone and Chocolate-Orange Cake. Cooking Vegan shows how to adopt a diet that is not only healthful, but inspirational to prepare, and satisfying to eat.

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