



The Schwarzbein Principle Vegetarian Cookbook

Diana Schwarzbein M.D., Nancy Deville, Evelyn Jacob Jaffe

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For the millions of readers who have adopted a vegetarian lifestyle, this cookbook contains 371 healthful and delicious recipes. Sample items include: risotto with sun-dried tomatoes and gorgonzola cheese, Middle Eastern lentils with vegetables, Szechwan tofu with green beans, mushrooms and peanuts, tempeh tacos, meatless moussaka, quesadillas, tofu enchilladas and artichoke chowder.

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