



Meatless Meals for Working People Quick and Easy Vegetarian Recipes

Debra Wasserman

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This book shows you how to be a vegetarian within your hectic schedule and features 100 quick and easy recipes, convenient frozen food ideas, and a chapter on what you can eat at fast food chains. It also includes a vegetarian spice chart, a vegan meal plan, and seasonal party ideas.

Fast meals include Rigatoni Combination and Easy Tostadas. Lunch ideas feature Mock Tuna Salad, Rice Burgers, and Corn Fritters. For dessert try Coconut Clusters, Rice Pudding, Fresh Fruit Salad with Peanut Creme, and Spicy Date Nut Spread.

A great book for those on the go!

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