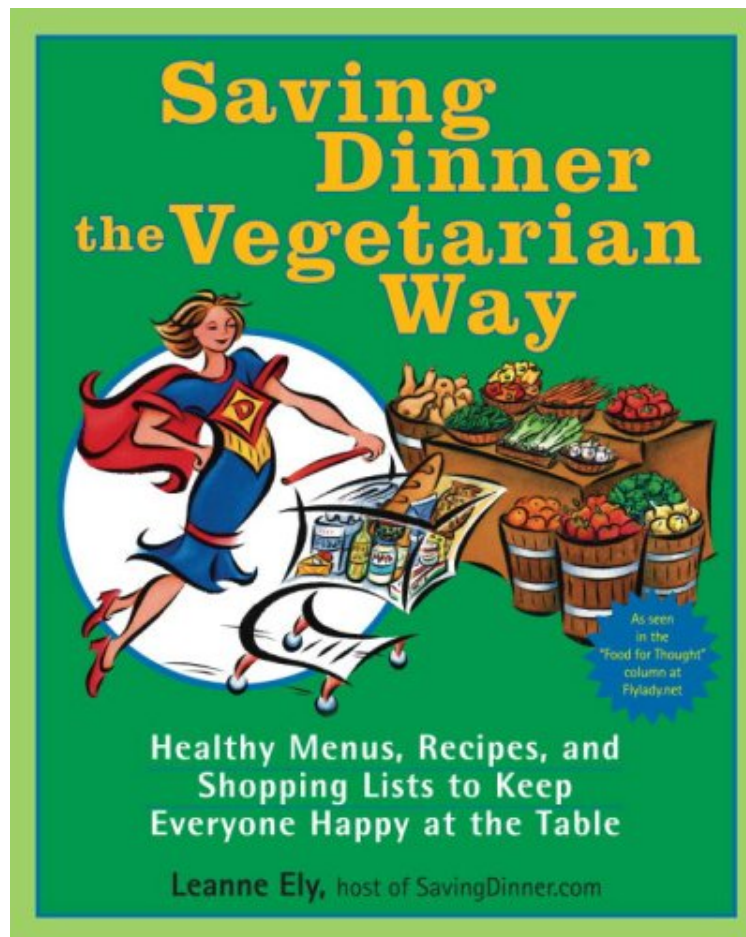


(Ebook pdf) Saving Dinner the Vegetarian Way: Healthy Menus, Recipes, and Shopping Lists to Keep Everyone Happy at the Table

Saving Dinner the Vegetarian Way: Healthy Menus, Recipes, and Shopping Lists to Keep Everyone Happy at the Table

Leanne Ely

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Leanne Ely : Saving Dinner the Vegetarian Way: Healthy Menus, Recipes, and Shopping Lists to Keep Everyone Happy at the Table before purchasing it in order to gage whether or not it would be worth my time, and all praised Saving Dinner the Vegetarian Way: Healthy Menus, Recipes, and Shopping Lists to Keep Everyone Happy at the Table:

0 of 0 people found the following review helpful. Good addition to my recipe booksBy sUZANNE M.I like the original and Paleo Saving Dinner books better, but throw in a week from this one every so often to change things up for my family. This one is a little harder to shop for in my small town...we don't have access to some of the ingredients easily, I do love how the author organizes the shopping lists each week. It makes my Saturday morning shopping trips pretty smooth. Also, she organizes her meal plans by season which is nice.0 of 0 people found the following review

helpful. This book is a delight - easy to use and the 5 or 6 ...By PatriciaWe are not vegetarians but decided as a family it would be healthful to try one or two vegetarian meals a week and needed help. This book is a delight - easy to use and the 5 or 6 we have tried so far have been delicious, healthy and not difficult. I suppose it is cheating to say this but I have also occasionally used her recipes with chicken because they are so good (and because some of the family members have a little resistance to tofu!). We have vegetarian and vegan friends and are delighted to have something healthy and delicious to fix for them.0 of 0 people found the following review helpful. Great RecipesBy R.A. G.I love her books! I am not a vegetarian, but I am wanting to add more vegetarian recipes to my collection This book doesn't disappoint. I have started with soups, and have several new recipes already

Your mother always said to eat your vegetablesand now you can cook them into delicious, savory meals!Certified nutritionist and author of the popular Saving Dinner cookbooks, Leanne Ely has made it her mission to ensure that meal planning, grocery shopping, and cooking are all easy as pie. Over the past decade, she has inspired people to revive the family tradition of eating together around the dinner table, sharing good times and good food. Now, in her fifth book, she goes vegetarian . . . and the results arewhat else?as tasty as they are good for you!Created for the nearly 25 million full-fledged vegetarians across the country, and for anyone who sometimes wants a menu that focuses on something besides meat, Saving Dinner the Vegetarian Way shares cuisine that is as varied as it is healthy. With an array of mouthwatering dishes that even the pickiest eaters will loveincluding Orzo-and-Corn-filled Tomatoes, Shepherds Pie with Lentils, Bountiful Burritos, Broccoli Mushroom Noodle Casserole, Peppery Ziti with Fennel, Spicy Black Bean and Tofu Stew, Gingered Stir-Fry, and Cheesy Faux SoufflEly gives a whole new meaning to the word delicious.In addition to Elys trademark simple recipes, there are dinner menus (including side dishes!) for each season, categorized shopping lists to streamline your trips to the supermarket, and do-ahead tips to save kitchen time. Eating vegetarian has never been so easy or appealing!

About the AuthorLeanne Ely is considered the expert on family cooking and healthy eating. She is a syndicated newspaper columnist (The Dinner Diva), a certified nutritionist, and the host of SavingDinner.com. Ely has a weekly Food for Thought column on the ever-popular FlyLady.net website, as well as her own e-zine, Healthy Foods. She is the author of Saving Dinner, Saving Dinner the Low-Carb Way, Saving Dinner for the Holidays, and Saving Dinner Basics. She lives in North Carolina with her two teenage children.