



Vegetarian Times Cooks Mediterranean: More Than 250 Recipes For Pizzas, Pastas, Grains, Beans, Salads, And More

Vegetarian Times

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Vegetarian Times Cooks Mediterranean: More Than 250 Recipes For Pizzas, Pastas, Grains, Beans, Salads, And More *Vegetarian Times*

The newest cookbook from the most authoritative name in vegetarian cooking.

When the *New York Times* or the *Wall Street Journal* needs an expert opinion on the vegetarian lifestyle, who do they call? The editors at *Vegetarian Times* magazine. With more than 25 million Americans (about 12.5 percent of the population) now calling themselves vegetarians, the demand for exciting new cookbooks on the subject has never been stronger.

The editors at *Vegetarian Times* have long been advocates of the Mediterranean diet, rich in healthy vegetables, grains, beans, and olive oil. It doesn't hurt that Mediterranean food tastes so great, too, including dishes like pasta, pizza, frittatas, polenta, main-dish salads, paella, and rich soups and stews. Now, for the first time, comes a collection of the very best Mediterranean-style recipes from the pages of this popular magazine. With more than 250 recipes in all, *Vegetarian Times Cooks Mediterranean* is a cookbook that vegetarians can turn to night after night for wonderful recipes. In fact, these recipes are so good, even nonvegetarians will be impressed, which makes cooking dinner easy--even if there is only one vegetarian in the family! This is one cookbook that all vegetarians need to have on the bookshelf. When the *New York Times* or the *Wall Street Journal* needs an expert opinion on the vegetarian lifestyle, who do they call? The editors at *Vegetarian Times* magazine. With more than 25 million Americans (about 12.5 percent of the population) now calling themselves vegetarians, the demand for exciting new cookbooks on the subject has never been stronger.

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