



Eat Your Vegetables: Bold Recipes for the Single Cook

Joe Yonan

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This just in: *Eat Your Vegetables* has been named among the best cookbooks of 2013 by The Atlantic, The Boston Globe, and NPR's "Here and Now"! It's a collection of eclectic vegetarian and vegan recipes for singles, vegetarians in meat-eating households, couples who are looking for creative side dishes, and anyone hungry for plant-focused, smaller-portion recipes, from the beloved *Washington Post* editor and author of *Serve Yourself*.

Whether you're a single vegetarian, an omnivore who's looking to incorporate more vegetables in your life, or a lone vegetarian in a meat-eating household, you know the frustrations of trying to shop, plan, and cook for one, two or a few. How to scale back recipes? What to do with the leftovers from jumbo-sized packs of ingredients? How to use up all the produce from your farmer's market binge before it rots?

There's no need to succumb to the frozen veggie burger. With *Eat Your Vegetables*, award-winning food editor of The Washington Post and author of the popular Weeknight Vegetarian column, Joe Yonan serves up a tasty book about the joys of solo vegetarian cooking. With 80 satisfying and globally-inspired vegetarian, vegan, and flexitarian recipes such as Spinach Enchiladas, Spicy Basil Tofu Fried Rice, and One-Peach Crisp with Cardamom and Honey, Yonan arms single vegetarians with easy and tasty meal options that get beyond the expected. In addition to Yonan's fail-proof recipes, *Eat Your Vegetables* offers practical information on shopping for, storing, and reusing ingredients, as well as essays on a multitude of meatless topics, including moving beyond mock meat and the evolution of vegetarian restaurants.

It's the perfect book for anyone looking to expand their vegetarian and produce-based repertoire -- even couples, as the dishes are easy to share and scale up. In *Eat Your Vegetables*, Yonan's charming, personable voice and unfussy cooking style encourage home cooks--both new and experienced--to take control in the kitchen and craft delicious veggie-centric meals for one.

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Carol Shull:

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Daniel England:

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