

# Vegetarian Meals

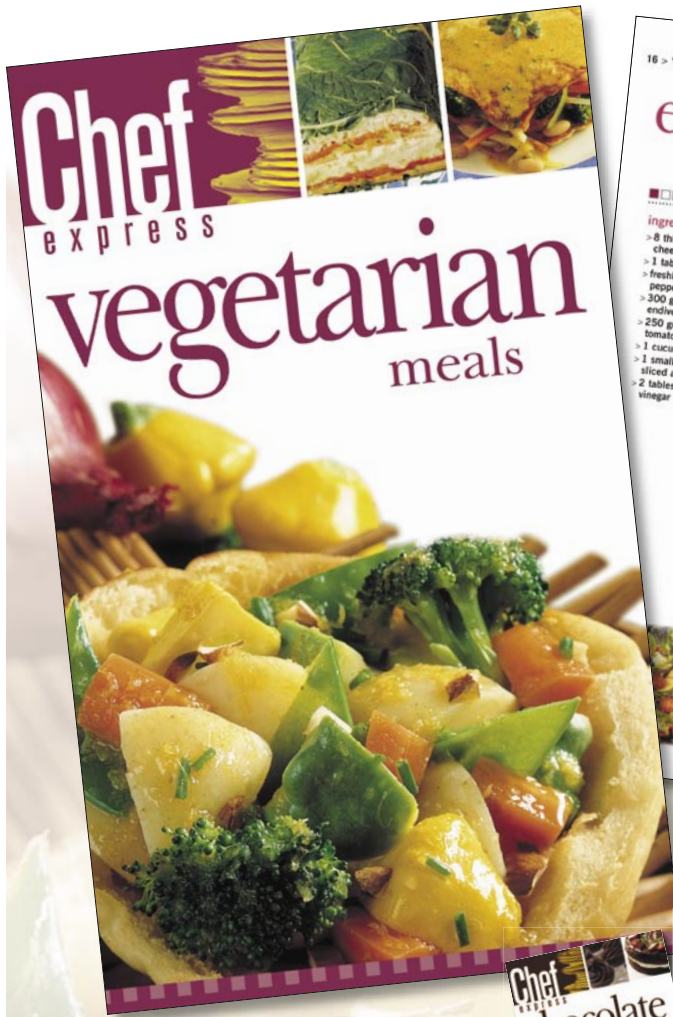
# Chef

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## Series I

Vegetarian eating is not only a healthy alternative for today's lifestyle but can be attractive, tasty and satisfying too. The recipes in this book can be enjoyed as a hearty meal or a delectable side dish. Using pasta, beans, nuts, whole grains, vegetables and fruit, no one will miss the meat.



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in the series!



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