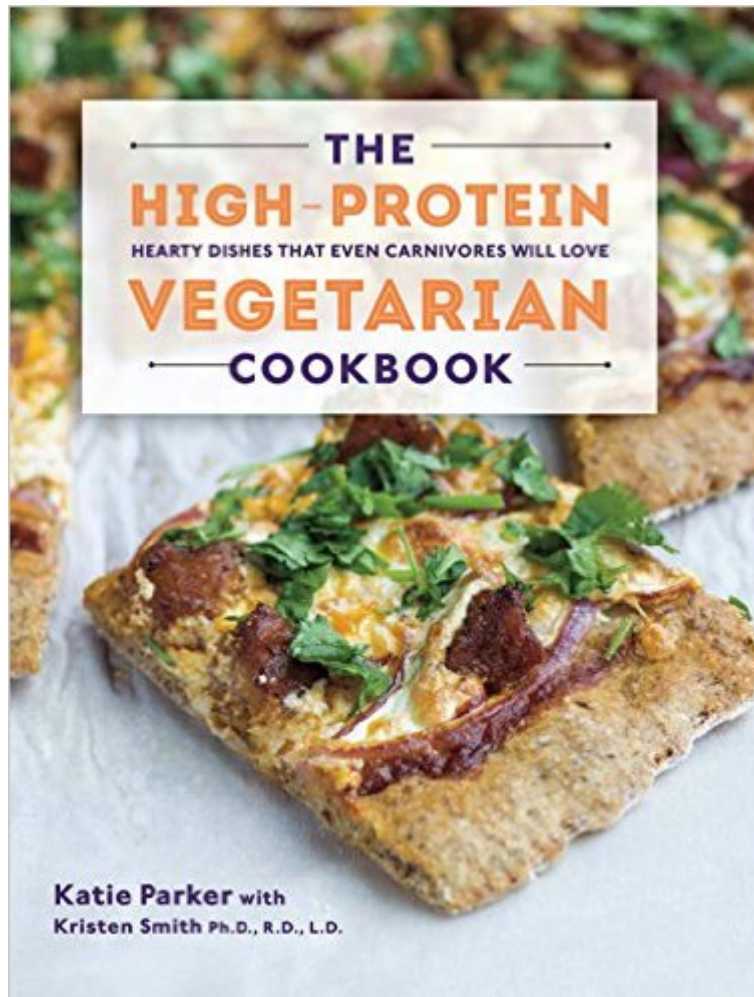


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# The High-Protein Vegetarian Cookbook: Hearty Dishes That Even Carnivores Will Love



## Synopsis

Satisfying vegetarian recipes from Veggie and the Beast Where do vegetarians get their protein? From delicious plant-based foods, including beans, nuts, quinoa, raw cocoa, and even dairy. These ingredients are used to their best advantage in this new cookbook. As a vegetarian living with a meat-eating guy, the author has developed recipes for every time of day (or night) that are deliciously satisfying and high in protein. With recipes like Fresh Veggie Quinoa Salad with Lemon Tahini Dressing, Mushroom and Wild Rice Burgers, Quick and Hearty Vegetarian Chili, and Dark Chocolate Black Bean Brownies, the results are outrageously tasty and completely vegetarian! 75 color photographs

## Book Information

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Best Sellers Rank: #50,426 in Books (See Top 100 in Books) #15 in Books > Cookbooks, Food & Wine > Special Diet > High Protein #116 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

## Customer Reviews

Being a vegetarian for many years, I know that it's not difficult to get plenty of protein from plant-based foods, the difficulty lies in being creative so that meals are interesting and varied and I had hoped that this cookbook would provide some creativity. I was hugely disappointed. It's true that the recipes presented are "high protein" as noted in title, but creativity is lacking because the "high protein" is achieved by simply including an inordinate amount of dairy in the recipes, primarily in the form of cheeses, a few recipes even calling for up to 4 different kinds. I have nothing against dairy in moderation, but of the 64 recipes (not counting in the 11 dessert recipes), 43 contain dairy products in the form of eggs, yogurt, milk, buttermilk, sour cream, butter and lots and lots of cheeses. I know all about good fats and bad fats and consider the recipes in this book to be all bad fats, very little olive oil is used for example. Other observations: high sodium content contributed by the cheeses

(the author includes nutrient info) and some fairly spicy dishes. The two stars reflect the fact that I think the description given for the book is misleading: "Where do vegetarians get their protein? From plant-based foods." One would surmise from that title that there would be more emphasis on the protein derived from grains, legumes, beans, quinoa et al, and less on dairy supplementation. On the plus side, the book is well-presented, nicely organized with enticing well-done photos of each dish.

There is a vegetarian recipe in this cookbook for every meal type and food occasion, and what's great is that I know I'm getting a healthy dose of whole food protein in each one. The roasted garlic butternut squash hummus was not only delicious for pita dip, but was versatile enough to be used as a spread on a number of different foods. The chocolate cupcakes with peanut butter vanilla bean frosting used a creative combination of tofu in the cupcakes and Greek yogurt in the frosting, which resulted in a sweet, yet healthy, treat. Whether you're serving meals to strict vegetarians or not, the cookbook will provide ideas that are certain to delight your friends and family.

This is a very good cookbook. My wife made the 'Creamy Lime Pie' (page 170), and it was incredible! The author describes how it sort of fooled her husband, and I can see that it would. As with a lot of really good recipes, the ingredients come together so well, even if you would not normally eat tofu, in this you do not care that it is used. We ate it three successive nights, and each time it was worthwhile, so it did not get old or weird.

I'm a cookbook collector. I have this wonderful fascination with food, recipes and the books that they're in. Most of my cookbooks have a designated spot on my shelf and they sit there, day after day, just looking pretty. Not this book. (I mean, yes, it is very pretty!) In the short time I've had this book, I've used it multiple times a week. It's the first book I pull off the shelf when I'm meal-planning. The recipes are extremely realistic for someone who works full-time and still has to come home and cook. Most can be pulled together in under an hour. You don't need outrageous hard-to-find ingredients to make them. They're also FLAVORFUL! I live with a carnivore and he gets excited when I pull this book out. (Hint: Make the Thai Peanut Soba Noodles. SO easy and is one of my favorite dishes now.)

This cookbook is full of really unique meals. The recipes range from easy to super complex. The cookbook is really a good one due to clear instructions, beautiful pictures, and recipes easy enough

for kids to make, but also ones complicated enough for someone who knows their way around the kitchen. What is nice about this book is it has lots of healthy recipes, but also recipes for when you want comfort food. A+

This was given to me as a gift from a friend and we have LOVED it at our house! While we're meat lovers at heart, this is the perfect cookbook for light options while we are trying to be a little healthier for the new year. We've made a few of the soups and they're awesome, and I really like the chickpea buffalo salad sandwich. Get this book. You won't regret it!

I'm confused by the comments about dairy in a vegetarian book being misleading. Most vegetarians eat dairy and eggs, which are both good sources of protein in moderation. The book also seems to be geared towards people who aren't strictly vegetarian, to whom the inclusion of cheese (and other dairy products) would be attractive. I appreciate the variety in the book, since many of the recipes focus on protein from whole grains, nuts, lentils and beans. Also why write a "review" of a book if you haven't read it and are just commenting on a comment from some random person. If dairy is a concern... go buy a vegan cookbook.

Incredibly delicious recipes. Each one I make becomes my favorite. Gorgeous photography. Very well written. Fantastic food that will make even meat eaters satisfied. Can't wait for another book from Katie Parker!

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