

Vegan Meals For 2 30 Perfectly Portioned Vegan Recipes For Cooking For Two

Lunch in Six Hauke Fox, Dave Bell, Jansen Schouten. 2019-02-15 Never more than six ingredients 30 vegetarian lunch recipes of which two thirds are vegan or can easily be made vegan. After running our vegetarian food blog for several years, we have been amazed by the huge amount of readers that came to us ask for help with their vegetarian lunches. We discovered two main reasons for their worries: 1. Boredom. The same old lunches, day in, day out. No exciting new tastes, no new discoveries, nothing to look forward to. 2. A poorly balanced diet with an over reliance on certain items. Whether it's bread, milk, cheese or cereals, we tend to get stuck on what we know - then become trapped by. We found an answer to both: We knew to help our readers we needed true inspiration - amazing lunches with uncomplicated ingredients and exciting new tastes. Easy cooking steps with foolproof methods straight from a professional chef. Recipes suitable for vegetarians and vegans alike. And so, Lunch in Six was born. Each recipe is made from just six or less ingredients - we focus on simple yet incredibly effective combos 30 vegetarian lunch recipes of which two thirds are vegan or can easily be made vegan. 30 minutes is the absolute longest time of our recipes - we like our lunches quick, and this book reflects that. 15 of the recipes are ready in fifteen minutes or less - just the way lunch should be All the recipes are exclusive to the ebook - they've never been seen on the site before. And they never will be Who is the book for? It's suitable for long-term veggies and newbies alike - whether you're just taking your first steps into vegetarian cooking or if you're a veteran looking to spice up your kitchen life Need to cook for a family? Loads of our recipes are great for kids and big families too - it's easy to make large batches Those looking to tone up or build muscle - this book has many recipes that are loaded with protein Get Lunch in Six and start enjoying lunch again!

Vegan Diner Julie Hasson. 2011-04-21 Finally, a collection of recipes that provides guilt-free comfort-food indulgence for vegans everywhere. With 125 recipes and more than 30 food photos, author Julie Hasson aims to introduce plant-based diner fare both savory and sweet. This new vegan classic covers breakfast, lunch, and supper from the diner-gone-vegan! From pancakes, waffles, and luscious muffins to scrambles, faux Benedicts, and homemade sausage, this vegan cookbook has breakfast sizzling. Traditional lunches get a healthy new lease through clubs, open-faced sandwiches, soups, and pastas. Even filling casseroles, comforting mac-and-cheese, and slow-cooked stews are deliciously reinterpreted, followed by desserts ranging from shakes to creamy cheesecakes.

The 30-Minute Vegan Mark Reinfeld, Jennifer Murray. 2009-07-07 Busy vegans, rejoice! award-winning husband and wife chefs/authors Reinfeld and Murray present 150 delicious, easy-to-prepare recipes for everyday vegan cooking -- all dishes that can be prepared in a half-hour. Sections include The Lighter Side of Life: Smoothies & Satiating Beverages; Snacks, Pick Me Ups & Kids' Favorites; Lunches: Wraps, Rolls, Bowls, and More; Extraordinary Salads; Sumptuous Soups; Small Plates: Appetizers, Side Dishes, Light Dinners; Wholesome Suppers; Guilt-Free Comfort Food: Healthy Translations of Old Stand-bys; and Divine Desserts. The 30-Minute Vegan also provides at-a-glance cooking charts, kids' favorite dishes, and exciting menu suggestions for every occasion -- making this an essential cookbook for busy vegans who want to enjoy delicious, healthful, whole-foods vegan fare every day.

Vegetarian Recipes In 30 Minutes Or Less Cookbook Victoria North. 2020-10-04 Vegetarian Recipes In 30 Minutes Or Less Cookbook Get your copy of the best and most unique recipes from Victoria North ! Do you miss the carefree years when you could eat anything you wanted? Are you looking for ways to relive the good old days without causing harm to your health? Do you want an ideal way to preserve your food? Do you want to lose weight? Are you starting to notice any health problems? Do

you want to learn to prep meals like a pro and gain valuable extra time to spend with your family? If these questions ring bells with you, keep reading to find out, Healthy Weekly Meal Prep Recipes can be the best answer for you, and how it can help you gain many more health benefits! Whether you want to spend less time in the kitchen, lose weight, save money, or simply eat healthier, meal prep is a convenient and practical option and your family can savor nutritious, delicious, homemade food even on your busiest days. □ Purchase The Print Edition & Receive A Digital Copy FREE Via Kindle Matchbook □ In this book: This book walks you through an effective and complete anti-inflammatory diet-no prior knowledge required. Learn how to shop for the right ingredients, plan your meals, batch-prepare ahead of time, and even use your leftovers for other recipes.and detailed nutritional information for every recipe, Vegetarian Recipes In 30 Minutes Or Less Cookbook is an incredible resource of fulfilling, joy-inducing meals that every home cook will love. In addition, 2 weeks of meals-a 14-day schedule of meals, including step-by-step recipes and shopping lists for each, with tips on what you can prepare ahead of time to get dinner or meal on the table faster. Let this be an inspiration when preparing food in your kitchen with your love ones for the Holiday. It would be lovely to know your cooking story in the comments sections below. Again remember these recipes are unique so be ready to try some new things. Also remember that the style of cooking used in this cookbook is effortless. I really hope that each book in the series will be always your best friend in your little kitchen. Well, what are you waiting for? Scroll to the top of this page and click the Add to Cart button to get your copy now!

Isa Does It Isa Chandra Moskowitz.2013-10-22 Recipes, tips, and strategies for easy, delicious vegan meals every day of the week, from America's bestselling vegan cookbook author. How does Isa Chandra Moskowitz make flavorful and satisfying vegan meals from scratch every day, often in 30 minutes or less? It's easy! In *Isa Does It*, the beloved cookbook author shares 150 new recipes to make weeknight cooking a snap. Mouthwatering recipes like Sweet Potato Red Curry with Rice and Purple Kale, Bistro Beet Burgers, and Summer Seitan Saute with Cilantro and Lime illustrate how simple and satisfying meat-free food can be. The recipes are supermarket friendly and respect how busy most readers are. From skilled vegan chefs, to those new to the vegan pantry, or just cooks looking for some fresh ideas, Isa's unfussy recipes and quirky commentary will make everyone's time in the kitchen fun and productive.

Vegan Meal Prep Jules Neumann.2018-08-05 Save Time, Spend Less and Stay Healthy. Learn how to prepare delicious, storable meals for every day of the week. Fuel your body with plant-based nutrition, lose weight and save hours, all while spending less and remaining true to your vegan principles.

The Oh She Glows Cookbook Angela Liddon.2014-03-04 The New York Times bestseller from the founder of Oh She Glows Angela Liddon knows that great cooks depend on fresh ingredients. You'll crave every recipe in this awesome cookbook! —Isa Chandra Moskowitz, author of *Isa Does It* So many things I want to make! This is a book you'll want on the shelf. —Sara Forte, author of *The Sprouted Kitchen* A self-trained chef and food photographer, Angela Liddon has spent years perfecting the art of plant-based cooking, creating inventive and delicious recipes that have brought her devoted fans from all over the world. After struggling with an eating disorder for a decade, Angela vowed to change her diet — and her life — once and for all. She traded the low-calorie, processed food she'd been living on for whole, nutrient-packed vegetables, fruits, nuts, whole grains, and more. The result? Her energy soared, she healed her relationship with food, and she got her glow back, both inside and out. Eager to share her realization that the food we put into our bodies has a huge impact on how we look and feel each day, Angela started a blog, ohsheglows.com, which is now an Internet sensation and one of the most popular vegan recipe blogs on the web. This is Angela's long-awaited debut cookbook, with a treasure trove of more than 100 mouthwatering, wholesome recipes — from revamped classics that even meat-eaters will love, to fresh and inventive dishes — all packed with flavor. The *Oh She Glows Cookbook* also includes many allergy-friendly recipes — with more than 90 gluten-free recipes — and many recipes free of soy, nuts, sugar, and grains, too! Whether you are a vegan, vegan-curious, or you simply want to eat delicious food that

just happens to be healthy, too, this cookbook is a must-have for anyone who longs to eat well, feel great, and simply glow!

Vegan Meals for One Or Two Nancy Berkoff, Vegetarian Resource Group. 2001 Berkoff, named Chef of the Year by the Los Angeles chapter of the American Culinary Federation, shares recipes for scrumptious meat- and dairy-free dishes.

Vegan Everything Nadine Horn, Jörg Mayer. 2019-11-01 If you can crave it, you can cook it! 100 easy, eclectic recipes to feed you all day, every day Whatever you may be craving for dinner tonight—pizza, burgers, quesadillas, ramen, dumplings, curries, falafel, jambalaya—you can make—totally vegan, completely delicious, and faster than you'd have thought possible. But you won't just find delectable dinners here. From breakfast to dessert, Nadine Horn and Jörg Mayer have got you covered—from savory breakfast waffles to classic French toast, decadent mocha cupcakes to chocolatey brownies and beyond. Here are 100 vegan versions of your favorite comfort foods, plus fun new inventions and healthy options that are perfect for everyday eating: Quick meals: Coconut Farro, Bánh Mì Deluxe, Sesame Noodles Easy recipes: Speedy Ramen, Overnight Oats, Peanut Truffles Party hits: Ginger Nori Cakes, Antipasto Pizza Bites, Berry Cheesecake Exciting global fusions: Bavarian Samosas, Mexican Paella, Thai Tempura This is Vegan Everything—the only vegan cookbook you'll ever need.

Vegan on the Cheap Robin Robertson. 2010-11-19 You can eat great meatless and dairy-free meals every day—and stay on your budget—with these 150 recipes and smart money-saving tips. With *Vegan on the Cheap*, you can enjoy delicious vegan meals every day of the week. Robin Robertson, “an acclaimed authority on vegan cooking” (Publishers Weekly), provides 150 mouth-watering, exciting recipes that cost just 50 cents to \$2 per serving—hefty savings to go with hearty vegan meals. Find options for savory soups and stews, satisfying salads, hearty noodle dishes, first-class casseroles, favorites for the slow cooker, and meatless and dairy-free recipes for classics like pizza, burgers, and sandwiches—and a chapter for desserts to satisfy every sweet tooth. Throughout the book, smart tips and creative ideas help you save money by cooking in bulk, prepping meals in advance, and finding tasty ways to reuse leftovers. Including recipes for delicious vegan meals like Walnut-Dusted Fettuccine with Caramelized Vegetables and Fresh Pear Galette, it also features cost-per-serving icons that highlight the cost of each affordable dish—and even shows how you can make your own meat alternatives at a fraction of the cost of packaged proteins.

Vegan Recipes in 30 Minutes Shasta Press, Terri Ann Nelson-Bunge. 2014-07-02 106 Tasty Vegan Dishes, 30 Minutes or Less *Vegan Recipes in 30 Minutes* is the cookbook for busy vegans. Filled with healthy, whole food recipes that take 30 minutes or less from start to finish, this vegan cookbook makes it easy to prepare fresh and savory foods for every meal—no matter how little time you have. New to vegan dining? *Vegan Recipes in 30 Minutes* contains bushels of useful information about why being vegan is good for you. Discover how to save money, reduce your waste, and protect the environment. *Vegan Recipes in 30 Minutes* includes: 106 Fast and Easy Vegan Recipes—From Blueberry Chia Smoothies to Naked Burritos, sink your teeth into scrumptious vegan dishes that take 30 minutes or less to prepare and cook. Better Food for a Better Life—Learn about the health benefits of going vegan, as well as how to start a vegan diet, save money, and more. 7-Day Meal Plan—Ease yourself into vegan dining with a simple meal plan designed to be easy and delicious. Savor delightful vegan food in no time with *Vegan Recipes in 30 Minutes*.

Quick-Fix Vegan Robin Robertson. 2011-10-04 The acclaimed author of *Quick-Fix Vegetarian* shares 150 easy and delicious vegan recipes—plus helpful tips for your vegan kitchen and pantry. Robin Robertson's *Quick-Fix Vegan* features everything from starters, snacks, salads, sauces, and sandwiches to stovetop suppers, pastas, soups, and desserts that can all be prepared in 30 minutes or less. It also includes “Make-Ahead Bakes,” convenient recipes that are assembled ahead of time (in less than 30 minutes) and then baked before serving. *Quick-Fix Vegan* draws upon a myriad of ethnic influences such as French, Mexican, Cajun, Middle Eastern, and more. Recipes include Spicy Black Bean Hummus with Orange, Korean Hotpot, Rotini with Creamy Avocado-Herb Sauce, Moroccan-Spiced Pumpkin Soup, BBQ Pinto-Portobello Sandwiches, Burmese Ginger Salad, Autumn

Harvest Gratin, and Catalan-Style Creme Brulee. Robertson also shares secrets on maintaining a “quick-fix” vegan kitchen, including pantry suggestions and kitchen tips, as well as basic recipes for ingredients such as homemade vegetable stock and seitan.

Vegan Yum Yum Lauren Ulm.2009-09 Put the yum into your meals with more than 85 mouthwatering vegan recipes! When Lauren Ulm went vegan, she faced the typical onslaught of questions from acquaintances and more than the occasional wince from unsuspecting dinner guests. Vowing to prove that vegan food can be decadent and delicious—and not a bland stand-in for 'normal' food—she created a blog, veganyummy.com. What began as a hobby became an obsession, winning her not only legions of vegan and non-vegan foodie fans, but also the 2008 Best Veggie Blog Award from VegNews magazine. Here in her debut cookbook, Lauren shows that vegan food is anything but dull, with her creative and quirky twists on everything from crowd-pleasing appetizers to indulgent desserts, from easy weekend breakfasts to speedy weeknight dinners, plus holiday- and company-worthy fare you can serve with pride. Blueberry Waffles with Lemon Icing • Strawberry Rhubarb Coffee Cake • Stuffed Banana Berry French Toast Sweet Chili Lime Tofu • Tahini Lemon Rice and Beans • Corn Fritters • Eggplant and Basil Stuffed Tomatoes Creamy Tomato Barley Risotto • Crispy Sesame Kale • Moroccan Spiced Root Vegetable Home Fries • Smoky Miso Tofu Sandwiches • Cannellini Bean Soup with Pan-fried Croutons • Chinese Broccoli Wontons in Ginger-Soy Sauce Chipotle Basil Corn Chowder • Baked Mac and Cheese • Gnocchi with Thyme Vinaigrette • Lime Peanut Noodles with Seitan, Kale, and Carrots • and much more . . . With most ingredients both readily available and budget-friendly, Vegan Yum Yum shows anyone how to go gourmet the vegan way.

30-Minute Frugal Vegan Recipes Melissa Copeland.2019-07-09 Incredible Budget-Friendly Plant-Based Meals for the Busy Home Cook Think maintaining a vegan diet is draining on the wallet? Think again. Melissa Copeland, the self-proclaimed Stingy Vegan, is on a mission to prove that cooking vibrant plant-based meals doesn't have to break the bank. Main dishes like Veggie-Packed Mexican Rice, Coconut-Lentil Curry and Smoky Mushroom Fajitas are the perfect balance of quick, flavorful and economical. Fruity Granola Yogurt Parfaits and Blistered Cherry Tomatoes and Beans on Garlic Toast make breakfast a cinch, and frugal staples like beans and pasta are transformed into mouthwatering meals like Garlicky Spring Vegetable Pasta, Black Bean Salsa Burgers and Bee-Free Honey Mustard Chickpea Salad Sandwiches. With Melissa's wallet-friendly recipes, you can skip expensive vegan substitutes and pricey health food stores, all while enjoying nourishing meals that are as pleasing to your palate as they are to your bank account.

More Quick-Fix Vegan Robin Robertson.2014-03-04 The acclaimed vegan chef presents 150 all-new plant-based, easy, and flavorful recipes that will save you time and money! These healthy new “fast food” recipes have all the ease and convenience of Robin's bestselling Quick-Fix Vegan. Along with hearty soups and stews, pasta, stir-fry, skillet dishes, and desserts, this volume features unique big bowl recipes, which provide complete meals containing a protein, a grain or starch, and vegetables, all served in a bowl. Robin also shares super-simple recipes made entirely from pantry ingredients. Recipes include: Sloppy Jacks Tonkatsu Tacos Pantry Paella Fiery Korean Stir-Fry Jamaican Rasta Pasta Sicilian Pasta with Chard and Walnuts Mediterranean Vegetable Strudel Quick Cornbread Mango Fried Rice Pudding Baklava Palmiers And much more!

Venturesome Vegan Cooking J.M.,Michelle.2010-10-01 Venturesome Vegan Cooking breaks the vegan mold, focusing on great flavor and innovative recipes from around the globe. The more than 100 recipes have a strong international pedigree, including recipes drawn from the authors' travels in Europe and Africa. The book features manageable, easy-to-make recipes written in a clear, straightforward style. It introduces readers to unusual ingredients slowly, incorporating them into otherwise familiar dishes, resulting in bold, fresh flavors with a comfortable dash of tradition. Some of the recipes guaranteed to delight the palate are: Fresh Spring Rolls, Spicy Creamy Hummus, Spicy Asian Noodle Salad, Hearty Autumn Squash and Bean Stew, Memere's Shepherd's Pie, Sweet Apricot Potatoes with Pine Nuts, Pasta Spirals with Creamy Potato and Artichoke Sauce, Peppery Pumpkin Risotto, Succulent Strawberry and Vinegar Sauce, Chocolate Fudge Pie, Sticky Cinnamon

Nut Rolls, Spare the Pigs Hash, and scores of others. Venturesome Vegan means bold, fresh flavors; healthful recipes that challenge and excite the palate but are designed for the typical home cook (with typical home cook skills); and great vegan cooking for both vegan beginners and those looking to break out of their usual rut.

One-Dish Vegetarian Meals Robin Robertson.2010 Originally published in regular-sized print in 2007 by The Harvard Common Press.

30 Days Vegetarian Heart-Healthy Dinner Cookbook Jermaine Riggs.2021-07-24 ... From the publisher of HAPPY VEGETARIAN MEAL PREP COOKBOOK Eat your way through the best vegetarian heart-healthy dinners for a whole month of inspiration! Adding extra vegetarian meals to your weekly menu is an excellent method to improve your health. Heart disease, type 2 diabetes, and even certain types of cancer have all been proven to be improved by consuming more plant-based foods and less meat. 30 Days Vegetarian Heart-Healthy Dinner Cookbook contains guilt-free meals that are low on sodium and fat, but high on flavor—for lunch and dinner suitable for busy weeknights. This heart-healthy cookbook, which includes a meal plan to get you started, makes it simple to enjoy your meals without stress. Portion sizes are equally as important as components when planning a meal with heart health in mind. With carefully portioned dishes especially for two, this heart-healthy cookbook takes the wild speculation out of what to eat and how much to consume. This heart healthy cookbook saves you the guesswork of what and how much to eat with perfectly portioned recipes for more than one serving. When preparing meal with heart health in mind, portion sizes are just as vital as ingredients. The Heart Healthy Cookbook includes: Perfect-for-two or more Servings-confidently prepare quick, appropriately-sized meals to feed two and more persons. Delicious, Nutrient-rich Recipes for a Complete Month—Enjoy good, low sodium vegan food that's good for your heart like our Chickpea & Potato Curry, Chilean Lentil Stew with Salsa Verde, Mushroom & Tofu Stir-Fry, Vegan Roasted Vegetable Quinoa Bowl with Creamy Green Sauce and more. Convenient recipe labels—Find labels for vegan, gluten-free, dairy-free, oil-free, nut-free, and soy-free recipes to accommodate food allergies and dietary preferences. Cooking tips and tricks—Explore recipe-specific pointers for serving suggestions, ingredient substitutions, and cooking techniques & equipment. Kindly obtain a copy already, and eat your way through the best, tasty vegetarian heart-healthy recipes! About The Author JERMAINE RIGGS a lifelong vegetarian, the head dietitian for a substantial protein supplement business, and a father of three who used his own vegetarian nutritional approaches to help his wife lose 30 percent of her body weight. Through her mantra, eat good, feel good, look good, he assists his clients in achieving their weight-loss goals. He is a New York-based registered dietitian nutritionist and vegetarian recipe developer with a national reputation.

Vegan on the Go Jerome Eckmeier,Daniela Lais.2017-05-09 Easy grab-and-go, plant-based meals and snacks for your busy lifestyle! If you're following a vegan diet and are frequently on the go, it can be hard to eat well while still maintaining your plant-based lifestyle. Vegan on the Go will help you put flavor back into your lunch box with delicious, healthy meals that you can take anywhere. Inside the pages of this plant-based, on-the-go recipe book, you'll discover; • 100 vegan recipes, with ideas for snacks, breakfast, dinner, and how to whip up delicious portable lunches. • Exactly how long you need to prepare and cook each lunchbox recipe, with mouth-watering photographs of every dish to whet your appetite. • Top tips on which ingredients to stock up on, and how to store and transport your vegan lunches to ensure they taste fresh and delicious every time! Enjoy delicious vegan foods anytime, anywhere! This vegan recipe book serves up nutritious, easy-to-make, affordable recipes that will transform your lunches and snacks. Packed with 100 vegan recipes that include plant-based snacks and sandwiches, soup recipes, salad recipes, dessert recipes and more.

hot for food all day Lauren Toyota.2021-03-16 More than 100 utterly simple, crazy-delicious vegan recipes that satisfy cravings all day, everyday, from YouTube guru and bestselling author of Vegan Comfort Classics Lauren Toyota. "I'm really looking forward to whipping up all of the delicious vegan meals in hot for food all day."—Jillian Harris, bestselling co-author of Fraiche Food, Full Hearts Buffalo chicken crunch wraps. The "spiced" grilled cheese. Stuffed breakfast danishes. Tokyo

street fries. These are some of the totally tastebud-pleasing dishes that are within your reach in hot for food all day, a collection of Lauren's mind-blowing recipes for breakfast, lunch, dinner, and everything in between. With her signature bold style, Lauren guides you, step by step, through her favorite everyday dishes, using tips and tricks to level up leftovers, saving you from eating the same thing twice. Filled with drool-worthy photography for every recipe, as well as tasty ideas for entertaining and getting your snack on, Lauren shows why she's still hot for food, all day.

Vegetarian Cooking for Two Justin Fox Burks, Amy Lawrence. 2021-10-05 Enjoy tasty vegetarian meals for two with these easy recipes With a colorful variety of crisp vegetables, savory cheeses, and meat-free proteins, vegetarian cuisine can be a pleasure worth enjoying with a partner. Whether you're newlyweds, empty nesters, or just roommates sharing cooking duties, *Vegetarian Cooking for Two* is filled with perfectly portioned vegetarian recipes that make it simple to cook for a two-person household. *Vegetarian Cooking for Two* includes: Guidance on cooking for two--Get advice for smart grocery shopping, meal planning for a pair, making the most of each ingredient, and more. Tailored recipes--These recipes use a limited number of familiar ingredients to help minimize grocery shopping costs, meal preparation time, and leftovers. Convenient recipe labels--Easily find which meals use just one pot, take 30 minutes or less to make, or require only 5 or fewer ingredients. Use-it-up suggestions--Explore creative uses for the few ingredients that inevitably leave some leftovers, such as granola, carrots, Greek yogurt, and more. Discover the joy of meat-free cooking for two with easy vegetarian recipes.

Quick Fix: 30 Minutes Vegan Busy Mom. Sometimes it takes an hour; sometimes it takes many many hours to prepare a meal. In this book you will find delicious recipes that can be cooked in 30 MINUTES OR LESS. We know that the average American diet, which is high in fat, sodium and cholesterol, contributes to disease. Some of the important advantages of a vegan diet are that your risk of colon cancer, prostate cancer, high blood pressure and heart disease are significantly lowered. A VEGAN diet also helps control diabetes, which is becoming epidemic. If you require insulin, you will still need to take it, but a strictly plant-based diet can reduce your insulin needs. Why experiment with your cooking? Start creating fuss-free, economical and delicious vegan dishes for the whole family, with fabulous 240 recipes and Simple Strategies that Save You Time and Money shown step by step. This book will help you to do smart cooking on a BUDGET - everything you need to know to make low-cost, healthy and tasty meals. Simple to prepare, yet totally delicious these recipes will be a surprise!

Vegan for Two Mina Jenkins. 2021-06 Do you want to savor mouth-watering Vegan meals made just enough for two? Food occupies an important place in human life, and the best choice would probably be a meatless, Plant-Based, and Vegan Diet. Following a vegan diet can help weight loss and guard against problems as heart disease and certain types of cancer. It can also help control your blood sugar levels and improve your kidney's function. Physical complaints and illnesses such as obesity, diabetes, appendicitis, arthritis, osteoporosis, and even strokes occur more frequently than people who avoid animal foods. *Vegan for Two* makes cooking for two people faster and tastier than ever, from breakfasts to desserts, from lunch to dinner. These recipes turn the chore of cooking into a fun time. Get ready to create super satisfying meatless meals just for two!

[Vegan Cooking for Two](#) America's Test Kitchen. 2022-10-18 The most comprehensive guide to easy, quick, and delicious small-batch plant-based cooking No more throwing out past-its-prime produce, doing on-the-fly math to scale down recipes designed to serve a crowd, or guessing at substitutions for nonvegan ingredients. Now you can skip straight to perfectly portioned, all-vegan custardy French toast, katsu sandwiches with the crispiest pan-fried tofu, spicy sesame noodles, velvety vegetable chowder, gooey fig streusel bars, and more. 220+ vegan recipes for breakfast, dessert, and everything in between. 140+ recipes are ready in 45 minutes or less, and over half of recipes require 10 or fewer ingredients. Dramatically reduce kitchen waste with smart shopping and food storage tips. The Use It Up chart helps you find recipes that use up pesky leftovers. Embrace vegan cheese, butter, egg, and more store-bought products for ultimate convenience. We tell you which products to buy for the best results. All out of sweet potatoes? Substitute squash. Then level up with

a crispy tempeh topping. 300+ Kitchen Improv suggestions make each recipe flexible and customizable. Failproof baked vegan treats. Scaled-down banana muffins and chocolate-ginger scones emerge from the oven (or toaster oven) perfectly risen every time.

The Plant-Based Pair Rockridge Rockridge Press.2015-03-02 Savor delicious vegan meals with easy recipes that make just enough for two. Most recipes feed six to eight people, and smaller households are often left with the monotony of leftovers or pricey, unused groceries that end up in the trash. Whether you're new to vegan cooking or a long-time plants fan, The Plant-Based Pair makes cooking for two people easier and more delicious than ever. Covering everything from simple breakfasts to decadent desserts, these wholesome dishes pack plenty of nutrition into every bite while turning the chore of cooking into a fun date night. The Plant-Based Pair offers: 125 tantalizing vegan recipes that make just enough for two Several 30-minutes or less meals to make Great ideas for saving time and money to get the most out of your groceries 10 helpful tips for living a happy vegan life The most useful, healthy ingredients to have on-hand for making any meal a success Practical advice for cooking more efficiently as a team Create super satisfying plant-based meals just for two with The Plant-Based Pair.

30 Low-Fat Vegetarian Meals in 30 Minutes Faye Levy.2009-09-26 Taste, speed, and ease are the main ingredients in this cookbook for the health-conscious vegetarian. The recipes make use of bold seasonings that give maximum flavor with minimum preparation, and each menu serves two or four. Most meals include three recipes built around a main dish with chapters broken down into menus featuring: pasta, beans, rice, or other grains; one-pot menus; soup; salads; and savory and sweet recipes.

The 30-Minute Vegan: Soup's On! Mark Reinfeld.2013-11-26 From award-winning author, chef, and coauthor of The 30-Minute Vegan series, more than 100 plant-based soups, from consommés to stews, chowders to raw and dessert soups, for every season.

Fast Easy Cheap Vegan Sam Turnbull.2021-03-30 TASTE CANADA AWARDS SILVER WINNER From Sam Turnbull, the bestselling author of Fuss-Free Vegan, and creator of the blog It Doesn't Taste Like Chicken, comes her eagerly awaited second cookbook. She is cooking up even simpler vegan comfort food--on a budget, with fewer ingredients, and in 30 minutes or less! Some people think that a vegan diet can be too time-consuming, too much work, and too expensive! In Sam Turnbull's Fast Easy Cheap Vegan, she's busting those myths and showing us just how simple (with 10 ingredients or fewer), inexpensive (for \$10 or less), and quick (in 30 minutes or less) it can be to cook delicious plant-based comfort food at home. Wholesome recipes can be made using items you already have in your pantry and fridge. And if they're not stocked in your kitchen, these ingredients are easily found at your local grocery store. Fast Easy Cheap Vegan is filled with 101 recipes, many of them perfect for busy weeknights, like 10-Ingredient Creamy Basil Gnocchi, Gorgeous Greek Bowl, and Quicker Quesadillas. You'll have tons of options for speedy breakfasts and lunches, including Oatmeal Breakfast Cookies, 20-Minute Breakfast Sandwiches, 15-Minute Apple Chickpea Salad, and DIY Instant Ramen Soup, and no shortage of ready-to-go snacks, like Cheesy Cracker Snackers, Loaded Queso Dip, and Cool Ranch Popcorn. And don't skip dessert because there's Lickety-Split Ice Cream, Easy Peasy Peanut Butter Squares, Brownie in a Cup, and 10-Minute Mini Berry→ Crisp. Fast Easy Cheap Vegan is all about smart tips and easy techniques that simplify cooking. Many recipes are one-pot, freezer-friendly, and make-ahead meals, creating a stress-free kitchen. So whether it's breakfast, lunch, dinner, or dessert, Sam has thought of everything to help get delicious, fuss-free meals on the table in no time flat.

The Simply Vegan Cookbook (Sterling) Dustin Harder.2018-10-15 Busy folks, rejoice! The recipes in The Simply Vegan Cookbook are accessible and doable, but never boring.--Melissa D'Arabian, author and Food Network Host Forget about vegan cookbooks that require specialty ingredients and leave you unsatisfied. The Simply Vegan Cookbook takes vegan cooking to the tastiest level with easy, delicious recipes that are fun to make and a delight to eat. Creator and host of The Vegan Roadie, Dustin Harder has travelled over 110,000 miles--and visited every grocery store along the way-- to find out which vegan foods are (and are not) accessible. Taking this into

account, *The Simply Vegan Cookbook* provides healthful, balanced vegan meals using easy-to-find, affordable vegan ingredients. From greens and beans to grains and mains, *The Simply Vegan Cookbook* is the most comprehensive of vegan cookbooks to date. This vegan cookbook offers: 150 recipes with two variations each, resulting in a total of 450 recipes No more than 30 minutes of active time prep time per recipe Cooking tutorials improve your skills for making vegan staples *The Simply Vegan Cookbook* gives home cooks what other vegan cookbooks don't-vegan recipes that save time, money, and your sanity.

30-Minute Vegan Dinners Megan Sadd.2019-02-05 Stay In, Save Time, Eat Vegan! This brilliant cookbook reveals the secrets to cooking dinners that you crave—the kind that comfort, nourish and inspire you, without a ton of work. With every recipe clocking in under 30 minutes (prep included!), anyone can enjoy incredible plant-based meals every night of the week. Fabulous recipes like Roasted Cauliflower Romesco Tacos, Spicy Buffalo Tempeh Wraps or Date Night Truffled Mac ‘n’ Cheez mean you can cut back your restaurant spending by making your own photo-worthy dishes at home. Megan Sadd has your back with smart tips for cooking efficiently, and a recipe for every mood you may find yourself in. Many of these amazing meals are gluten-free to boot, helping you maximize healthy eating in as little time as possible. These vegan dinners will satisfy the herbivorous and the omnivorous (and not just on Meatless Monday)! Whether you’re craving Jerk Lettuce Wraps with Caramelized Pineapple or Texas-Style Chili with Cashew Sour Cream, these easy plant-based dinners are more than salads and stir-fries—they’re fun, fast and scrumptious.

Vegan in the House DK.2019-01-08 Keeping the whole household happy and well-fed can be difficult when there’s a vegan in the house. Not anymore! You no longer have to make a different meal for everyone. This vegan recipe book is packed with crowd-pleasing recipe ideas that will satisfy non-vegans too! Inside the pages of this plant-based cookbook, you’ll discover:

- More than 100 vegan recipes for the whole family, from vegan snacks and desserts to burgers and pasta.
- “Flex it” suggestions that give busy cooks perfect options to easily add meat and dairy to meals for families that want to go “flexitarian.”
- Expert nutritional know-how in the “the good stuff” section will help everyone meet their dietary needs.
- Advice on making the switch and maintaining a healthy vegan lifestyle.

Simple, affordable, healthy and delicious: *There’s a Vegan in the House* is the essential vegan cookbook for any family venturing into veganism. It includes tips on shopping and storing vegan products, vegan nutrition for both children and adults, suggestions for the best animal product substitutes, and the myths of veganism busted. “The good stuff” boxes on many recipes offer specific nutritional information and highlight the health benefits of each dish. Satisfy your appetite and embark on a voyage of vegan food discovery with nutritionally balanced vegan meals and flexible options for the whole family! From tropical fruit smoothie bowls to Mexican quinoa salad, this is everyday food for everyone.

The Mediterranean Diet Cookbook for Two Anne Danahy.2020-04-14 Set your Mediterranean table for two with perfectly portioned dishes With crisp veggies, succulent seafood, hearty grains, and healthy oils, the Mediterranean diet makes nutritious eating a pleasure. This cookbook brings its bright flavors and bountiful health benefits to your table with recipes designed for two people. Relax and savor a delicious breezy seaside breakfast or a simple rustic dinner, all without leaving home. Together, discover how a Mediterranean lifestyle can reduce the risk of heart disease, aid in weight loss, and more. Change your life with healthy eating by cooking up meals that feature quick prep times and seasonal, accessible ingredients like the below:

CITRUS FENNEL SALAD: Bursting with fresh oranges, creamy goat cheese, and toasted pecans, this bright and aromatic salad is like a plateful of sunshine.

POACHED SALMON WITH MUSTARD-HERB SAUCE: Poaching rich salmon in a tangy mustard-yogurt sauce keeps the fish moist and flaky, with an added pop of flavor from dried tarragon.

GREEK-INSPIRED BEEF KEBABS: Perfect for grilling on a summer night, these colorful beef and vegetable kebabs are marinated in tangy balsamic vinegar and fragrant rosemary.

CHOCOLATE TURTLE HUMMUS: Discover the unexpected magic of chocolate with chickpeas in a sweet twist on a Mediterranean classic. Share the healthy Mediterranean diet with someone special. This cookbook for two makes it easy to cook in your kitchen and enjoy delicious, healthy food

together.

Happy Vegan Food Bettina Campolucci Bordi.2022-01-06 In *Happy Vegan Food*, Bettina Campolucci Bordi shares a collection of easy and delicious plant-based recipes that anyone can incorporate into their busy life. With recipes including Hearty Buckwheat Waffles, a tasty Korean Pancake, a delicious yet quick One Pot Curry in a Hurry, and the decadent Hazelnut Bites, Bettina proves that nutritious food doesn't have to be restrictive. *Happy Vegan Food* is designed to take you through your busy day by including ideas for breakfast, lunch, dinner, meals for one, desserts and snacks, and will easily meet the needs of any modern household. Whether you're looking to eat more veggies or have decided to turn vegan but don't want to compromise on taste, *Happy Vegan Food* is the perfect book for you.

The Well Plated Cookbook Erin Clarke.2020-08-25 Comfort classics with a lighter spin, from the creator of the healthy-eating blog *Well Plated by Erin*. Known for her incredibly approachable, slimmed-down, and outrageously delicious recipes, Erin Clarke is the creator of the smash-hit food blog in the healthy-eating blogosphere, *Well Plated by Erin*. Clarke's site welcomes millions of readers, and with good reason: Her recipes are fast, budget-friendly, and clever; she never includes an ingredient you can't find in a regular supermarket or that isn't essential to a dish's success, and she hacks her recipes for maximum nutrition by using the stealthy healthy ingredient swaps she's mastered so that you don't lose an ounce of flavor. In this essential cookbook for everyday cooking, Clarke shares more than 130 brand-new rapid-fire recipes, along with secrets to lightening up classic comfort favorites inspired by her midwestern roots, and clever recipe hacks that will enable you to put a healthy meal on the table any night of the week. Many of the recipes feature a single ingredient used in multiple, ingenious ways, such as Sweet Potato Boats 5 Ways. The recipes are affordable and keep practicality top-of-mind. She's eliminated odd leftover orphan ingredients and included Market Swaps so you can adjust the ingredients based on the season or what you have on hand. To help you make the most of your cooking, she's even included tips to store and reheat leftovers, as well as clever ideas to turn them into an entirely new dish. From One-Pot Creamy Sundried Tomato Orzo to Sheet Pan Tandoori Chicken, all of the recipes are accessible to cooks of every level, and so indulgent you won't detect the healthy ingredients. As Clarke always hears from her readers, My family doesn't like healthy food, but they LOVED this! This is your homey guide to a healthier kitchen.

The Everything Vegan Meal Prep Cookbook Marly McMillen Beelman.2019-04-09 Enjoy the numerous benefits of meal prepping especially for the vegan diet with this helpful guide! The hardest part of starting any new diet is committing to it—the vegan diet is no exception. You have every intention to stick to a plant-based diet...but then you get home from a long day of work and the urge to just order a pizza overcomes you. This is where meal prepping helps! By making all of your meals ahead of time and having them easily accessible and ready to go, it's easier to fight off the cravings and stick to your healthy new diet. It's also a great strategy to save tons of time and money! *The Everything Vegan Meal Prep Cookbook* provides hundreds of vegan recipes that make it easy to commit to your new diet—from a quinoa burrito bowl to slow cooker tortilla soup to fruit-on-the-bottom overnight oats, there's something for every meal of the day! With this book and just a little advanced planning each week, you'll be able to make simple and delicious meals that will prevent cravings, help you lose weight and eat healthier, and save time and money!

Vegan Slow Cooking for Two Or Just for You Kathy Hester.2013-08 DIVDiscover recipes for more than 100 delicious, one-pot vegan meals, from dips and desserts to dinners and more./div

Hearty Vegan Meals for Monster Appetites Celine Steen,Joni Marie Newman.2011-07 Veganism is one of the hottest health trends going. But what do you do when half the people at your dinner table rebel against organic greens in favor of burgers, stew, and meat-based fare? And who has the time or inclination to prepare 2-3 different meals to please everyone? *Hearty Vegan Meals for Monster Appetites* gives 200 recipes that a die-hard comfort food eater will love. Utilizing substantial ingredients packed with flavor such as portabella mushrooms, sweet potatoes, whole grains, and beans readers can enjoy delicious burgers, stews, chilis, pastas, hearty main dishes,

casseroles and comforting breads and desserts. Your family won't be missing out with recipes like Maple-Glazed doughnuts with Faux Bacon bits, crispy Mac 'n cheese balls, Patty melts and peanut butter cupcakes. Each dish is abundant and satisfying so that no one at the table feels shortchanged-

Simply Vegan Debra Wasserman, Reed Mangels. 2006 Now in its fourth edition, *Simply Vegan* is so much more than just a cookbook. In addition to featuring over 160 delicious vegan recipes, it is also a guide to help readers adopt a non-violent, environmentally sound and humane lifestyle.

Minimalist Baker's Everyday Cooking Dana Shultz. 2016-04-26 The highly anticipated cookbook from the immensely popular food blog *Minimalist Baker*, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the *Minimalist Baker* blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
- Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
- Essential plant-based pantry and equipment tips
- Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements

Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

Vegan in 30 Minutes Rose Andres. 2019-05-01 Keep up with VEGAN even on your busiest days with FAST, NO-STRESS RECIPES from eBook VEGAN IN 30 MINUTES. No need to complicate your schedule while EATING VEGAN—one of the HEALTHIEST & ENVIRONMENT FRIENDLY DIET. VEGAN IN 30 MINUTES offers the FASTEST RECIPES to stay on track with the VEGAN DIET no matter how busy life gets. From PREPPING INGREDIENTS to taking your FIRST BITE, all of the RECIPES in this cookbook take 30 MINUTES or LESS to whip up from START TO FINISH. Whether you're NEW to the VEGAN DIET or have been following the LIFESTYLE FOR YEARS, these RECIPES make COOKING VEGAN every day EASY with: § VEGAN100 that provides EVERYTHING you need to know TO MAKE the VEGAN DIET a PART of your DAY-TO-DAY LIFE, including a BASIC OVERVIEW of the DIET along with LISTS of FOODS to ENJOY AND AVOID. § 100 TASTY kitchen-tested RECIPES, that are table-READY IN 30-MINUTES OR LESS. § HANDY TIPS to prep you for a LIFETIME of SUCCESS on the VEGAN DIET, and make EATING VEGAN faster and easier than ever. VEGANISM is much MORE THAN a DIET. It is a WAY OF LIFE. This eBook is filled with DELICIOUS, EXCITING, HEALTHFUL RECIPES that are accessible FOR EVERYONE. You'll love it whether you're a vegan, or you just want to eat like one once in a while.

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