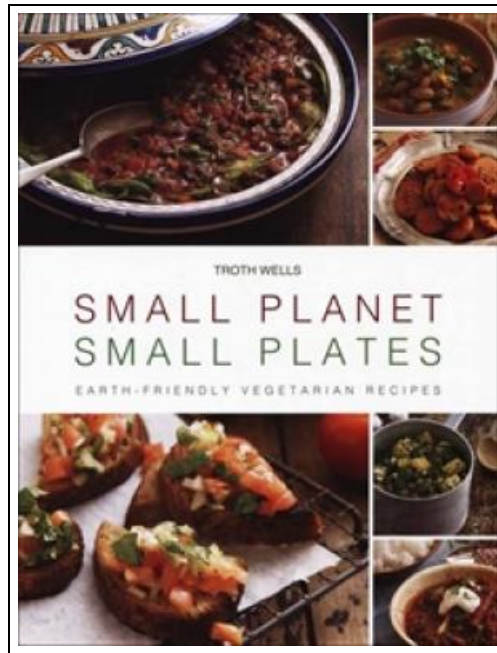


## Small Planet, Small Plates: Earth-Friendly Vegetarian Recipes



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*(Dr. Teagan Beahan Sr.)*

## SMALL PLANET, SMALL PLATES: EARTH-FRIENDLY VEGETARIAN RECIPES



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Interlink Pub Group Inc, 2012. HARDCOVER. Condition: New. Dust Jacket Condition: New. Moving towards a more vegetable-based diet is the only sustainable and healthy way to feed the world. Not everyone can or will give up eating meat at once, but this exciting Small Planet, Small Plates will help the change. Some of the best non-meat dishes come from Africa, Asia, Latin America and the Middle East and we have selected a variety of highlights. From the tempting coconut milk rich dishes of South India, to the warming bean and chili concoctions of South America; from the fragrant soups and stir-fries of Thailand to the delicate wat stews of Ethiopia, this cookbook has intriguing tastes for every palate. And to reflect the wealth of vegetarian and non-dairy meals, the book is presented in mezze (or spread of dishes) style--dips that can also accompany a main dish; crispy salads that you may like to start a meal with; a "main" course that could also be a starter and vice versa. these tasty, easy recipes offer freedom from a standard menu approach and invite you to experiment with exciting tastes, colors and flavors. Book.



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