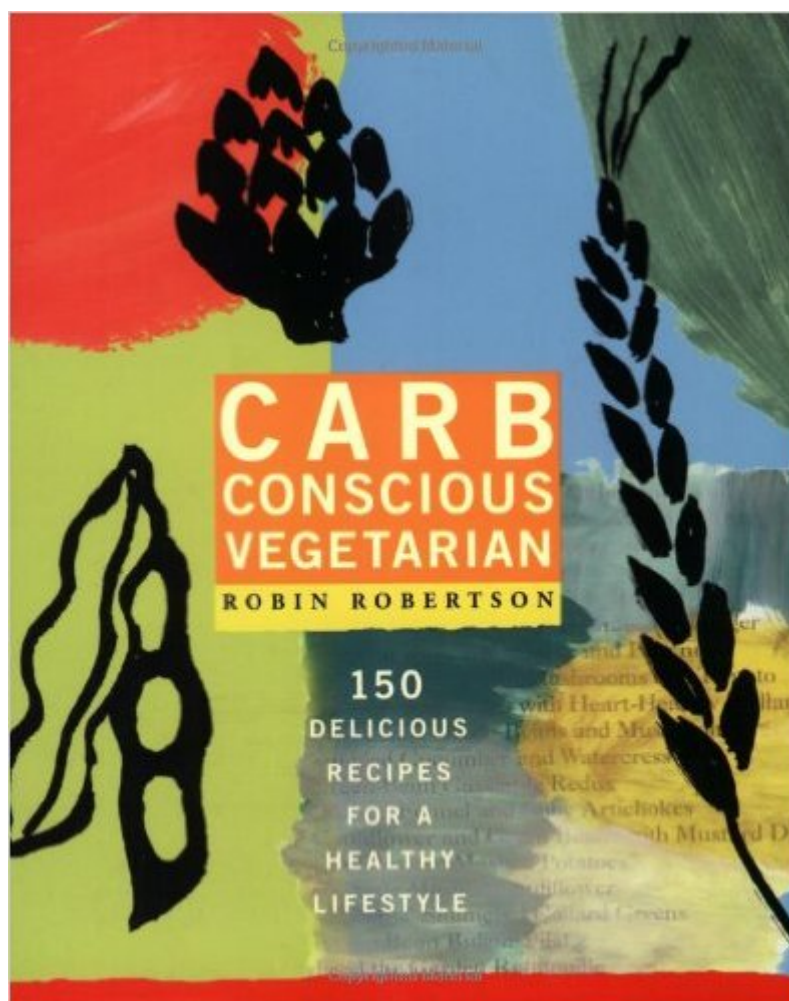


The book was found

Carb Conscious Vegetarian: 150 Delicious Recipes For A Healthy Lifestyle



Synopsis

Now you can enjoy healthy, low-carb meals without the cholesterol--in this collection of high-protein, high-fiber meat and dairy-free recipes. The low-carb revolution continues to take the nation by storm. But the heavy emphasis these diets place on meats leaves vegetarians in the lurch. Now, with *Carb Conscious Vegetarian*, acclaimed cookbook author Robin Robertson offers 150 fabulous carb-conscious vegetarian recipes--meat and dairy-free dishes that banish refined carbohydrates and bring out the best flavors from vegetables and other vegetarian ingredients. Within these pages are 150 dishes that are simple to prepare yet offer the full rich flavors of more complicated fare. The delightful appetizers and main courses include Lettuce-Wrapped Spring Rolls with Spicy Peanut Sauce, Mushrooms Stuffed with Spinach and Pine Nuts, Moroccan Vegetable Tagine, and Fennel and Artichoke Gratin with Three-Herb White Bean Pesto. Sensational stews, salads, soups, sauces, sides, and scrumptious good-for-you desserts round out the mix. At last, there's a delectably enlightened way for America's 12 million vegetarians--and the millions of other health-conscious individuals who want to up their fiber and reduce their cholesterol--to reap all the benefits of a carb-conscious lifestyle.

Book Information

Paperback: 256 pages

Publisher: Rodale Books (July 8, 2005)

Language: English

ISBN-10: 1594861234

ISBN-13: 978-1594861239

Product Dimensions: 7.5 x 0.7 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars Â Â See all reviews Â (53 customer reviews)

Best Sellers Rank: #69,316 in Books (See Top 100 in Books) #74 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #87 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #112 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb

Customer Reviews

I have a very large collection of vegetarian cookbooks and I have to limit myself now to only adding books that offer something truly special. Well, I know that I can always rely on Robin Robertson and I was looking forward to the release of this book. I have had wonderful results with her other

vegetarian cookbooks including Vegan Planet, The Vegetarian Meat and Potatoes Cookbook, Fresh from the Vegetarian Slow Cooker and others. I actually own all of her cookbooks. It is amazing how she never fails to provide delicious, simple to prepare, reliable and flavorful vegetarian recipes and this newest cookbook doesn't disappoint!! I highly recommend Carb Conscious Vegetarian for all vegetarian and vegan households. Actually, anyone who is interested in eating more healthfully can benefit from this collection of recipes. Plus, they are all creative and delicious. This book is different from some other vegetarian cookbooks because it doesn't rely heavily on dairy products or refined carbohydrates to add the bulk of meals. Every recipe is vegan and combines fresh vegetables, fruits, beans, soy, whole grains and spices to achieve great results. The Ginger Sherry Tofu with Green Beans and Water Chestnuts was so awesome that we made it two nights in a row and devoured it entirely. It is easy to prepare and the fresh taste was awesome. We also tried the Sultry Summer Salsa and that was one of the prettiest and best tasting salsas we have ever had. It is perfectly tangy thanks to the tomatillos (which I had never tried before) and the colors are beautifully vibrant with yellow, green and red. It was perfect and my hubby is a salsa connoisseur.

[Download to continue reading...](#)

Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget(Crockpot,Slowcooker,Cast Iron) (Vegetarian,Vegetarian Cookbook,Vegetarian ... low carb,Vegetarian low fat) Vegetarian: 4-Week Vegetarian Nutrition Cookbook for Everyday Lifestyle - 39 Quick & Easy Vegetarian Meal Plans for Beginners (Healthy Low Carb Vegetarian Recipes for Diet and Lifestyle) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Carb Conscious Vegetarian: 150 Delicious Recipes for a Healthy Lifestyle Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Vegetarian: Vegetarian Diet For Beginners: 100 Delicious Recipes And 8 Weeks Of Diet Plans (Vegetarian Diet, Vegetarian Diet For Beginners, Vegetarian ... Cookbook, Vegan, Clean Eating, Raw Diet) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) Vegetarian Quick & Easy

- Under 15 Minutes: (100 Simple Natural Food Recipes) (Weight Maintenance & Low Fat Lifestyle) (Vegetarian Weight Loss) (Special ... & Vegetarian Recipes Collection Book 2) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Vegetarian: 50 The Best Vegetarian Slow Cooker Recipes-Great, Healthy, Delicious Place To Start With Vegetarian Slow Cooker Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Vegetarian Weight Loss: How to Achieve Healthy Living & Low Fat Lifestyle (Weight Maintenance & Heart Healthy Diet) (Special Diet Cookbooks & Vegetarian Recipes Collection Book 1) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) 132+ Delicious Salads, Dressings And Dips: Healthy Salad Recipes For Weight Loss, Great For Vegetarian And Raw Vegan Diets (Gabrielle's FUSS-FREE Healthy Eating Cookbooks And Vegetarian Recipes) Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat) Low Carb Living Box Set: Low Carb Snacks, Low Carb Desserts, Low Carb Smoothies and Low Carb Italian Recipes Vegetarian: The Beginners Guide to a Vegetarian LifestyleÂ Â© with The Top 170+ Healthy Recipes (Includes 8 FULL Weeks FULL Month Meal Plan, Vegetarian Diet Weight Loss Cookbook) Slow Cooker: Low Carb: 142 Low Carb, Healthy, Delicious, Easy Recipes: Cooking and Recipes for Weight Loss - 3rd Edition (Low Carbohydrate, Easy Meals, ... Meals, Low Carb Cookbook, Weightloss)

[Dmca](#)