



# The Best 30-Minute Vegetarian Recipes

This wonderful collection of rich, varied and tempting vegetarian recipes is intended not only for vegetarians but also for people who would like to try eating vegetarian from time to time. Simplicity of preparation lets flavors really shine and this book deliciously demonstrates that you don't need a long list of ingredients and steps to create satisfying and tantalizing food. This inspiring array offers choices and combinations that are quick and easy-to-prepare and most are low in fat and sugar which enhances their health benefits.

Discover meals to suit every taste and occasion — from hearty and delicious breakfasts and lunches to main dishes suitable for entertaining.



**MARIE-CLAUDE MORIN** is a radio host, recipe developer and bestselling cookbook author. She's also a mother of three who understands the need to create fast, easy and delicious meals.

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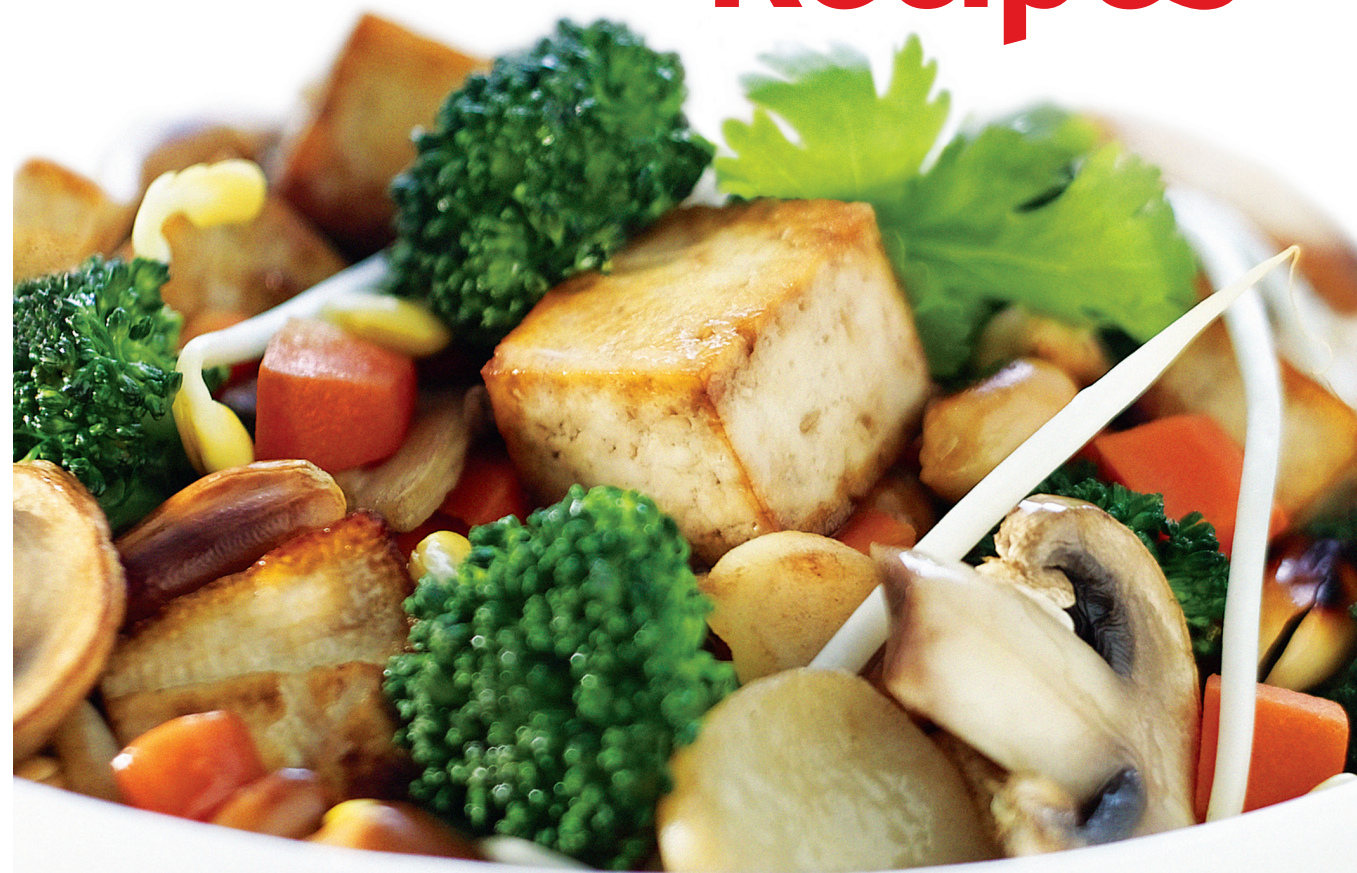
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