



The Quick and Easy Vegetarian Cookbook

Ruth Ann Manners, William Manners

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Vegetarian cooking is fast, easy, and foolproof. In this revised, expanded, and updated version of the best-selling *Quick & Easy Vegetarian Cookbook* Ruth Ann and William Manners add international gourmet fare and flavor to their quick and easy classic collection. Once again, preparation time is pared to the bone. In less than an hour you can make: 5-minute vegetable tortillas, 10-minute tomato rice soup, 12-minute chili corn pie and 20-minute pizza.

Over 200 recipes from appetizers to desserts—all of them low-calorie, enticing, and bursting with nutritional value—feature fresh fruits and vegetables while avoiding refined ingredients. A real find for those who like to eat well every night of the week without spending a lot of time on food preparation.

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