



The Vegetarian 5-Ingredient Gourmet: 250 Simple Recipes and Dozens of Healthy Menus for Eating Well Every Day

Nava Atlas

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“Nava Atlas has solutions for maintaining sophisticated flavors in the dishes she creates and still manages to keep the ingredients healthy.” —*Cooking Light*

Eating healthfully is a challenge for those with fast-paced lives. In *The Vegetarian 5-Ingredient Gourmet*, Nava Atlas pares meal preparation down to the essentials, using just a few high-quality ingredients in each delicious dish. Focusing on whole foods and fresh produce (with a little help from convenient natural sauces and condiments) she serves up a varied range of choices for everyday fare.

More than 250 recipes include soups, salads, and pastas; grain, bean, and soy entrees; wraps and sandwich fillings; simple side dishes; fruit-filled finales; and more. The full-flavored fare made from five ingredients or less includes Curried Red Lentil and Spinach Soup; Greek-Flavored Potato Salad; Black Bean Nachos Grandes; Baked Barbecue Tofu and Peppers; and Miniature Fresh Fruit Tarts. Filled with ingenious shortcuts and sprinkled with kitchen wisdom and tips throughout, *The Vegetarian 5-Ingredient Gourmet* also offers the reader dozens of menu suggestions to help make meal planning effortless.

From sophisticated (Mixed Greens with Pears, Cranberries, and Goat Cheese) to kid-friendly, (Peanut Butter Noodles), here are recipes to suit every taste. Nava Atlas makes it simple for busy families or active singles to eat the kind of high-nutrient foods everyone needs and to enjoy the robust flavors everyone craves.

From the Trade Paperback edition.

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