



The Vegetarian Gourmet's Easy Low-Fat Favorites

Bobbie Hinman

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Bobbie Hinman offers more than 300 tantalizing recipes using whole grains, fresh fruits and vegetables, and a variety of legumes. Among the mouthwatering dishes are Pizza-Style Pasta, Grilled Portobello Sandwich, Iced Maple Coffee Float, and Fabulous Berry Party Trifle. Like all of Hinman's books, this new volume includes a detailed nutritional breakdown showing calorie, fat, fiber, sodium, and carbohydrate counts. This edition contains 20 percent new material, including special icons to indicate ovo, lacto, ovo-lacto, and vegan recipes. Each chapter also contains suggested menus.

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