



Quick & Easy Asian Vegetarian Recipes: Nutritious and Delicious Alternatives (Learn to Cook Series)

Periplus Editors

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With its clear defined photos and easy to read recipes, *Quick & Easy Asian Vegetarian Recipes* contains everything you need to know to create over 60 delicious and authentic vegetarian dishes. This cookbook contains recipes for a variety of dishes that are both healthy and appetizing. *Quick & Easy Asian Vegetarian Recipes* features recipes for curries, stews, soups, noodles, rice, bread, salads, vegetables, stir-fries, tofu, and desserts. Recipes include:

- Eggplant curry
- Shaved ice with palm sugar syrup
- Red rice with coconut
- Bean sprouts with sesame garlic dressing
- Okra with tangy ginger dressing
- Garlic ginger eggplant stir-fry
- Stir-fried tofu with ginger and mushrooms

Also included are unit conversion tables, dual measurements, and an overview of the basic necessities for cooking authentic and appetizing vegetarian food. Each recipe includes cook time, prep time, and serving sizes. Enjoy!

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