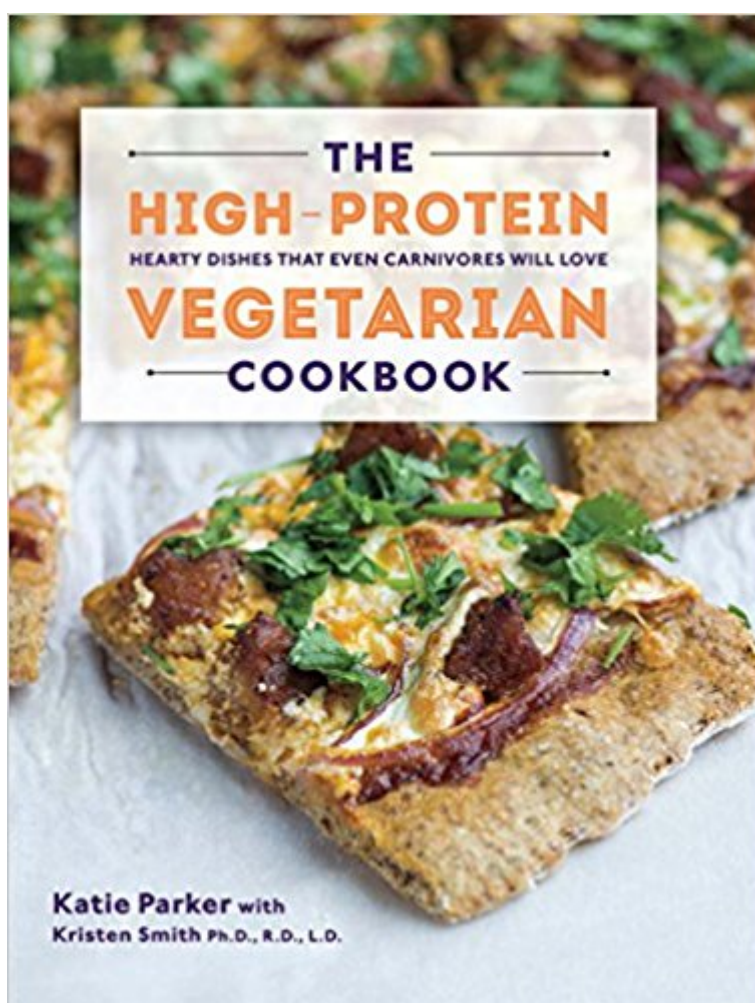


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# The High-Protein Vegetarian Cookbook: Hearty Dishes That Even Carnivores Will Love



## Synopsis

Satisfying vegetarian recipes from Veggie and the Beast Where do vegetarians get their protein? From delicious plant-based foods, including beans, nuts, quinoa, raw cocoa, and even dairy. These ingredients are used to their best advantage in this new cookbook. As a vegetarian living with a meat-eating guy, the author has developed recipes for every time of day (or night) that are deliciously satisfying and high in protein. With recipes like Fresh Veggie Quinoa Salad with Lemon Tahini Dressing, Mushroom and Wild Rice Burgers, Quick and Hearty Vegetarian Chili, and Dark Chocolate Black Bean Brownies, the results are outrageously tasty and completely vegetarian! 75 color photographs

## Book Information

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## Customer Reviews

Fantastic! Katie's Protein Powerhouse Patties are a favorite in my house. These recipes are delicious and inventive but practical enough for the everyday cook. --Taylor Ellingson, greensnchocolate.com"

The most common misconception about vegetarian recipes is that they won't fill you up. Katie's cookbook proves otherwise...She uses real, whole food ingredients to produce beautiful, nutritious meatless meals that all of my friends would enjoy. --Kathryne Taylor, cookieandkate.com"

Katie Parker is the founder, recipe developer, writer, and photographer for the food blog Veggie and the Beast. She's been a vegetarian for twenty-five of her twenty-eight years, and her boyfriend, Ryan, is an avowed carnivore, outdoorsman, and bowhunter. He came up with

the name. With Ryan at the table, Parker has upped her game to serve high-protein, hearty, vegetarian fare that satisfies both of them. They live together in Edina, Minnesota. Kristen Smith earned a BS in Dietetics from the University of Kentucky and a PhD in Nutrition Science from the University of Minnesota. While pursuing her doctoral degree and studying the effects of an isolated component of barley fiber on human health and cardiovascular disease risk, she also completed a specialized dietetics internship through the University of Minnesota and became a Registered and Licensed Dietitian. Smith lives in Richfield, Minnesota.

Being a vegetarian for many years, I know that it's not difficult to get plenty of protein from plant-based foods, the difficulty lies in being creative so that meals are interesting and varied and I had hoped that this cookbook would provide some creativity. I was hugely disappointed. It's true that the recipes presented are "high protein" as noted in title, but creativity is lacking because the "high protein" is achieved by simply including an inordinate amount of dairy in the recipes, primarily in the form of cheeses, a few recipes even calling for up to 4 different kinds. I have nothing against dairy in moderation, but of the 64 recipes (not counting in the 11 dessert recipes), 43 contain dairy products in the form of eggs, yogurt, milk, buttermilk, sour cream, butter and lots and lots of cheeses. I know all about good fats and bad fats and consider the recipes in this book to be all bad fats, very little olive oil is used for example. Other observations: high sodium content contributed by the cheeses (the author includes nutrient info) and some fairly spicy dishes. The two stars reflect the fact that I think the description given for the book is misleading: "Where do vegetarians get their protein? From plant-based foods." One would surmise from that title that there would be more emphasis on the protein derived from grains, legumes, beans, quinoa et al, and less on dairy supplementation. On the plus side, the book is well-presented, nicely organized with enticing well-done photos of each dish.

I have numerous veggie cookbooks and this is by far my absolute favorite vegetarian cookbook ever. The recipes are so delicious and so healthful. My carnivore husband praises so many of these meals, especially the falafel. The author's intro to each recipe and easy-to-follow directions make you feel like you know her. I want more cookbooks by this author!

This cookbook is full of really unique meals. The recipes range from easy to super complex. The cookbook is really a good one due to clear instructions, beautiful pictures, and recipes easy enough for kids to make, but also ones complicated enough for someone who knows their way around the

kitchen. What is nice about this book is it has lots of healthy recipes, but also recipes for when you want comfort food. A+

Great book. I have made a lot of the recipes and they are yummy. Whole wheat pizza dough with flax seed is great. Dough turned out wonderful. Recipes are not difficult and they use common items.

Incredibly delicious recipes. Each one I make becomes my favorite. Gorgeous photography. Very well written. Fantastic food that will make even meat eaters satisfied. Can't wait for another book from Katie Parker!

We bought this for a friend but liked it so much that we decided to keep this copy. The recipes all look delicious, and we're going to have fun trying them all. So far, we've prepared one, and it was a huge hit! Approved by young (9 months) and old (60-year-old carnivores) alike!

Really a great cookbook with all kinds of neat things to make. Even though it's all veggie dishes, you hardly notice because some of the recipes are quite hearty.

Wish it had more variety in foods to use. I bought this for my daughter (3) who seems to be a natural vegetarian. She has a pallet beyond a normal 3 year old, and like MANY of the recipes (as did the rest of us). I do recommend it though.

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