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***Plant-based seitan***

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**specialites.**

***According to increasing  
evidence, plant-based  
diets are better for the  
health of both people and  
the planet, leading to a  
dietary revolution. But***

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***with all the conflicting nutritional theories out there, how do you decide which foods are truly best for you? With contributions from leading medical***

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**professionals like Dr.  
Michael Klaper, Dr.  
Michael Greger, and Dr.  
Joel Kahn, Healing the  
Vegan Way demonstrates  
a Clear and Simple path  
through the latest**

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***medical research on  
different approaches.  
With practical tips for  
plant-based living, 200  
simple whole-food  
recipes, health-  
supportive cleanses,***

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***menu plans, and more,  
Healing the Vegan Way  
helps you maximize  
benefits for both body  
and mind.***

***This volume provides  
historical, material,***

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***aesthetic, and  
philosophical  
explorations of plant-  
based and in vitro food  
products, including multi-  
disciplinary approaches  
from industry, academia,***

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**and food advocates.**

**Nothing says summer  
more than a feast hot off  
the barbecue. Grilling  
Vegan Style serves up  
backyard cooking and  
entertaining like never**



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***before. Running the  
gamut from plant-based  
appetizers, salads, sides,  
kabobs, and burgers to  
main dishes, desserts,  
and, of course, cocktails,  
John Schlimm also***

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***demonstrates the art of  
grilling faux meats, with  
key info on everything  
you need for proper heat  
and the best taste. With  
color photographs  
throughout, this***

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***cookbook ensures that  
the magic of a summer  
barbecue or a night  
around the campfire can  
ignite your taste buds all  
year long.***

***Simple Recipes \* Amazing***

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***Food \* All Plants***

***To Your Fabulous Health!***

***The Best of Two Culinary  
Worlds***

***More Than 200 Sinfully***

***Delicious Recipes for***

***Meatless, Eggless, and***

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***Dairy-free Meals  
The Complete Idiot's  
Guide to Gluten-Free  
Vegan Cooking  
Sweet and Savory Vegan  
Recipes Made Egg-Free  
with the Magic of Bean***

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**Water**

**Saucy, Spicy, Crunchy,**

**Vegan**

**Traditional and Creative**

**Recipes for the Home**

**Cook**

**Vegetarian and Vegan**

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## ***Recipes for the Backcountry***

This edition has been adapted for the US market. It was originally published in the UK. \* Named one of the best cookbooks of the year by The New York Times, the Boston Globe, and

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Delish \* “Enticing, inviting and delicious. Vegan and vegetarian dishes that are hard to resist (and why should you?).” —Yotam Ottolenghi “Sodha, who writes a vegan cooking column for The Guardian, has widened her scope in this exceptional volume, drawing on



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ingredients and techniques from throughout Asia to inspire a mix of mostly speedy, weeknight-friendly dishes... a glimpse of Ms. Sodha at her best.” —Melissa Clark, The New York Times “With verve and charm, Meera Sodha persuades all cooks to make her

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luscious plant-based food. Her honesty and wit shine bright in this accessible collection of recipes tailored for omnivores and busy people. Every page bursts with exciting ideas you'll want to cook up!" —Andrea Nguyen, author of Vietnamese Food Any Day

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and The Pho Cookbook Modern,  
vibrant, fuss-free food made from easy-  
to-find ingredients, East is a must-have  
whether you're vegan, vegetarian, or  
simply want to eat more delicious meat-  
free food. Meera Sodha's stunning new  
collection features brand-new recipes

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from a wide range of Asian cuisines.

This cookbook is a collaboration between Sodha and the East Asian and South East Asian home cooks and gourmet chefs who inspired her along the way. There are noodles, curries, rice dishes, tofu, salads, sides, and

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sweets, all easy to make and bursting with exciting flavors. Taking you from India to Indonesia, Singapore, and Japan, by way of China, Thailand, and Vietnam, East will show you how to whip up a root vegetable laksa and a chard, potato, and coconut curry; how

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to make kimchi pancakes, delicious  
dairy-free black dal and chili tofu.

There are sweet potato momos for  
snacks and unexpected desserts like  
salted miso brownies and a no-churn  
Vietnamese coffee ice cream.

Today's corner stores and mainstream

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restaurants offer vegan options that weren't previously available-- but to too many people "vegan" still means "bland." Coscarelli introduces exciting, plant-based recipes that are fun, full of flavor, and make you feel healthier. She debunks the myths with recipes

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bold in taste, loud in color,  
unabashedly unique, and easy to make.

Many vegans desire foods they can sink their teeth into—a bite with substance that leaves them feeling satisfied. Others miss the flavor of the animal-based dishes they grew up with



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or that were part of their cultural tradition. Those cravings can be now be put to rest. Vegan cooks everywhere are about to experience a new dimension of possibilities thanks to chef Skye Conroy's culinary masterpiece CRAFTING SEITAN:

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Creating Homemade Plant-Based Meats. With detailed instructions and mouthwatering food photography throughout, this guide is a welcome introduction to cooking seitan (aka “gluten meat” or “vital wheat gluten”) and showcasing its versatility. Over

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100 recipes that include Juicy roasts, tender cutlets, toothsome steaks, as well as hard salami, hand-rolled sausages, and pepperoni, now can be part of a vegan menu. These recipes deliver the appearance, texture, and flavors that will convince family and

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friends of all dietary persuasions that a plant-based diet has plenty to offer and nothing to lose. Homemade also means more budget-friendly meals and the ability to monitor the amount of salt and oil that's used. These recipes provide a ready answer to "where's the

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beef?"

Gourmet  
100+ hearty, succulent, people-  
pleasing meals featuring vegan meat,  
from comfort food classics and speedy  
weeknight dinners to global flavors and  
showstoppers, plus recipes for DIY  
vegan meats and cheeses. "When

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vegan cheese queen Miyoko Schinner pens a new cookbook, you don't walk to your nearest bookstore. You run. . . . Get ready for your weeknight dinners to never be the same."—VegNews From the Impossible Burger and Beyond Meat to MorningStar Farms, Boca

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Burgers, and more, plant-based meats are a growing trend for those who want to help the planet, animals, and their health but don't want to give up the meaty flavors they love. In *The Vegan Meat Cookbook*, bestselling author Miyoko Schinner guides you through

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the maze of products available on store shelves and offers straightforward guidance on how to best use them in everything from Sausage Calzones with Roasted Fennel and Preserved Lemon to Hominy and Carne Asada Enchiladas with Creamy Green Sauce.



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Dig in to a satisfying vegan meal of Weeknight Shepherd's Pie with Bratwurst and Buttery Potatoes or Meaty, Smoky Chili. Wow your guests with Coq au Vin, Linguine with Lemon-Garlic Scallops and Herbs, or Lettuce Wraps with Spicy Garlic Prawns. For

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those interested in making their own  
vegan meats and cheese from scratch,  
there are recipes for Juicy Chicken,  
King Trumpet Mushroom Bacon, Easy  
Buffalo Mozzarella, Miyoko's famous  
Unturkey, and many more that you'll  
never find in stores. Whether you're

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cutting back on meat for your health,  
the environment, animal welfare, or  
affordability, The Vegan Meat  
Cookbook will satisfy the cravings of  
flexitarians, vegans, vegetarians, and  
even carnivores.

The Ultimate Vegan Cookbook

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200 Recipes for Healthy and Hearty  
One-Pot Meals That Are Ready When  
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Everyone  
Simply Heavenly!  
The Enlightened Kitchen

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Fresh from the Vegan Slow Cooker  
Crafting Seitan: Creating Homemade  
Plant-Based Meats

The Monastery Vegetarian Cookbook  
*\*Please note: This cookbook  
is TEXT-ONLY\* Many people  
who embrace a plant-based*

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*diet do so for ethical reasons and not because they dislike the flavor and texture of meat. But finding satisfying meat alternatives is not always easy for individuals who once enjoyed the flavors and textures*

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*associated with meat-based dishes, or for individuals who grew up with meat-based dishes as a traditional part of their family or ethnic heritage. This TEXT-ONLY cookbook is an expansion of my early work with meat*

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*analogues in the Gentle Chef  
Cookbook. With these recipes  
we will explore new and  
different ways to  
approximate the texture,  
flavor and appearance of a  
wide variety of meats, meat  
products and seafood at home*



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*using gluten, tofu and other wholesome plant-based ingredients and without the need for expensive factory equipment. The cookbook also offers a comprehensive section of recipes devoted to essentials and*

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*incidentals needed for preparing meat analogues, as well as seasoning blends, gravies, sauces and condiments. A digital version of the cookbook in PDF format with beautiful full color photos can be*

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*purchased directly from  
TheGentleChef.com website.  
Many photos of the recipes  
can also be found on the  
website.*

*From the author of the  
successful blog,  
mouthwateringvegan.com,*

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*comes over 130 incredible recipes to showcase how accessible, varied, delicious and nutritious vegan eating can be. In this book you'll find recipes for your favourite comfort foods in all their vegan glory.*

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*Here are meat-free, egg-free  
and dairy-free recipes that  
combine the idea of eating  
healthily, with food that is  
immediately satisfying,  
tastes great and is easy to  
prepare. From delicious  
dips, appetizers and soups;*

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*to main courses including  
curries, pastas, stews,  
burgers and salads. There  
are a whole host of  
recommended juices and  
smoothies and--at the  
sweeter end of  
scale--cookies, cakes and*

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*desserts. Mouthwatering  
Vegan transforms home  
cooking classics into vegan-  
accessible, delicious  
dishes. Miriam challenges  
herself to replicate dishes  
that are usually impossible  
to include in a vegan diet*

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*and opens up the scope for  
what vegan eating can be.  
Included in the book are  
recipes for vegan cheese,  
cream and mayonnaise; Chilli  
Con 'Carne', Shepherd's Pie,  
Mince & Ale Pie, Stroganoff  
Supreme and the Perfect*



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*Roast. As well as delicious dishes that celebrate pulses and vegetables, such as Aubergine, Chickpea and Potato Curry; Stuffed Tomatoes and Zucchini Casserole; Red Bean Nut Burgers; Spicy Rice & Quinoa*

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*Eggplant Bake; and Super  
Mushroom & Walnut Loaf. Many  
of Miriam's recipes are  
inspired by the  
Mediterranean and the Far  
East, and all of them have  
the health benefits of vegan  
cooking without sacrificing*

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*the taste. Mouthwatering  
Vegan opens up new  
possibilities for vegan  
eating that will make you  
rethink vegan cuisine.  
Vegan books have risen to a  
dominant sales position in  
the vegetarian category. One-*

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*dish meals are perennially popular on American tables, and books devoted to one-dish cooking perform well. Robin Robertson's One-Dish Vegan is the first book at the intersection of these two powerful cookbook*

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*categories. Robin Robertson has built a publishing record of very successful titles in the vegetarian category. She is known for her creativity in the kitchen, for the breadth of enticing ingredients and*

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*flavors with which she works, and for her expertise in vegetarian nutrition - with a special focus lately on how vegans still can get enough protein in their diets. Typically, it takes two or three courses or*

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*dishes to make a well-rounded vegan meal. To meet this criterion in one dish takes the kind of ingenuity and expert knowledge that Robertson possesses. One-Dish Vegan contains more than 150 recipes. They range*

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*from the most popular  
categories of one-dish  
dining like stews, chilis,  
and casseroles (and other  
baked dishes) to a host of  
stovetop sautés and stir-  
fries as well as substantial  
salads and dishes that*



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*feature pasta as well as other noodles, such as Asian noodles. The recipes are at once homey and adventuresome, comforting and surprising. Above all, they demonstrate that it really is possible to get a*

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*complete vegan meal into one  
dish, full of good-for-you  
nutrients and bright,  
satisfying flavors.*

*"A Culinary Tour de Force of  
Europe's Most Treasured  
Dishes Are you looking for  
delicious and healthy*

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*cuisine that can fit into  
your busy lifestyle? Do you  
long for the robust flavors  
of Italy, France, Spain, or  
Greece but haven't found  
tasty animal-free recipes?  
Look no further! The  
30-Minute Vegan is where the*

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*Joie de vivre meets la dolce  
vita to satisfy even the  
most discriminating palates.  
Award-winning author and  
chef Mark Reinfeld tackles  
the meaty fare that is  
European cuisine, offering  
inspired plant-based*

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*versions of everything from  
manicotti to French onion  
soup, moussaka to  
"notwurst." Including key  
pantry ingredients (with a  
special section on herbs),  
raw and gluten-free options  
(virtually all of the*

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*recipes are gluten-free),  
and suggestions for wine and  
beer pairings, Taste of  
Europe is a revolutionary  
cookbook that will help you  
to recreate all of your  
favorite classic European  
dishes in 30 minutes or*

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less" --

*The Seitanic Spellbook*

*Grilling Vegan Style*

*A Modernist Culinary*

*Approach to Plant-Based,*

*Dairy Free Foods*

*Wild and Over-the-Top Plant-*

*Based Recipes*

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*Fresh from the Vegetarian  
Slow Cooker  
100 Fast to Fix and  
Nourishing Recipes for All  
Kinds of Electric Pressure  
Cookers  
Food Is the Solution  
Meatless Favorites. Made*



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Courmet  
*with Plants. [A Plant-Based  
Cookbook]*

The Instant Pot and other  
electric pressure cookers  
provide a perfect way to  
cook gluten-free meals  
with a maximum of speed,

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convenience, nutrition,  
and flavor. For the  
millions of people who, by  
doctor's orders or by  
choice, must exclude or  
limit gluten in their  
diets, finding Instant Pot

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recipes has been a huge challenge. This timely book, now in an expanded edition with 50 new recipes and color photographs, solves the problem. Its recipes focus

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on dishes that are the most problematic for gluten-sensitive cooks, such as main-course dinners that typically have a grain component, as well as breakfasts and

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desserts, which also usually have wheat or gluten. In their place, The Gluten-Free Instant Pot Cookbook offers up tasty and creative gluten-free alternatives that

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cook up fast and  
delectably in the pressure  
cooker. Everyone in the  
household will love these  
dishes, even those who are  
not eating gluten-free.  
From hearty breakfast

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dishes like Creamy Poblano  
Frittata or Caribbean  
Breakfast Burritos,  
through substantial and  
warming soups like a  
Creamy and Spicy Butternut  
Squash Soup or a Pumpkin

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Black Bean Chili, and  
crowd-pleasing dinner  
dishes like Mom's Old-  
Fashioned Pot Roast,  
Gluten-Free Lasagna with  
Meat Sauce, and Pork  
Tenderloin Marsala with



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Wheat-Free Pasta, these  
are spectacular recipes  
that cook up lightning-  
fast in the electric  
pressure cooker. The  
Instant Pot and its  
cousins are also

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surprisingly powerful  
tools for making desserts,  
and the offerings here—all  
completely gluten-  
free—including Apple  
Cinnamon Bread Pudding,  
New York Style Cheesecake,

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Double Chocolate Fudge  
Cheesecake, and a  
scrumptious Mexican  
Chocolate Pound Cake. Add  
the power and convenience  
of the Instant Pot and its  
cousins to your gluten-

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free diet with The Gluten-  
Free Instant Pot Cookbook.  
Celebrated chef Jason  
Wyrick showcases the  
excitement of Mexican  
flavors and textures with  
recipes for traditional

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and creative tacos you can  
make at home, featuring  
your own homemade  
tortillas, salsas, and  
condiments. You'll make  
tacos de asador, tacos  
cazuela, tacos dorados,

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and many more based on  
recipes gathered from  
across Mexico, and the  
author shows you how to  
make them all using plant-  
based ingredients. The  
long-time publisher of the

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Vegan Culinary Experience

(now [TheVeganTaste.com](http://TheVeganTaste.com))

points the way to making  
your own taco components  
from scratch, while also  
providing quick options  
with store-bought

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ingredients. In your own home taquería, you'll be making tantalizing recipes such as: Tacos Mole with Seared Zucchini, Wilted Chard, and Pepitas Tacos with Pintos Borrachos and



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Vegan Queso Fresco Tacos  
Dorados with Plantains,  
Black Beans, and Roasted  
Garlic Baja Tacos with  
Lobster Mushrooms  
Breakfast Tacos with  
Rajas, Mojo Scramble, and

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Pintos Cinnamon Tortilla  
Tacos with Spicy Cajeta  
Apples, Pecans, and Agave  
Crema In these pages, the  
author shares his passion  
for tacos with sections on  
taco culture and history,

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essential ingredients,  
anecdotes, and shortcuts  
that simplify the cooking  
techniques for the modern  
kitchen. There is also a  
chapter of beverage  
recipes such as Mango Lime

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Agua Fresca, Sweet  
Tamarind Tea, and Desert  
Sage Spritzer; a section  
on desserts, and how to  
host a taquiza (taco  
party). Full color photos.  
A delectable new

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vegetarian cookbook

introduces more than two  
hundred vegan recipes for  
a wide range of meatless,  
eggless, and dairy-free  
dishes, including both  
American favorites and

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exotic international  
specialties, accompanied  
by nutritional guidelines,  
entertaining tips, and  
more. Original. 12,500  
first printing.

Provides nutritious vegan

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slow-cooker recipes that  
require a minimum of hands-  
on time, explaining how to  
prepare ingredients  
quickly the night before  
and assemble them in the  
cooker the following

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morning, offering such  
options as Pumpkin Pie  
Oatmeal, Chili Relleno  
Casserole and Mushroom  
Lasagna with Garlic-Tofu  
Sauce. Original.  
Simply Set It and Go with



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Everyone (Vegan Or Not!)  
Will Devour  
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The 30-Minute Vegan's  
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The Plant-Based Slow

Cooker

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An Inconvenient Truth with recipes: a fresh, beautifully designed cookbook with valuable resources for environmentally friendly, healthy, plant-based dishes.

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Soy-Based Meat Analogues for  
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Discover the Way of the Salad  
Award-winning chef and  
Veganomicon coauthor Terry  
Hope Romero knows her  
veggies. In *Salad Samurai*, she's

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back to teach you the way of the  
veggie warrior, rescuing salads  
from their bland, boring  
reputation and "side" status with  
more than 100 vibrant, filling  
entrees. This is your guide to  
real salad bushido: a hearty

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base, a zesty dressing, and loads of seriously tasty toppings. Based on whole food ingredients and seasonal produce, these versatile meatless, dairy-free dishes are organized by season for a full year of memorable

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meals (yes, salad can rock even  
the coldest days of winter). Dig in  
to: Spring Herb Salad with Maple  
Orange Tempeh Deviled Kale  
Caesar Salad Seared Garlic  
Chickpeas, Spinach, and Farro  
Seitan Steak Salad with Green

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Peppercorn Dressing Herbed  
Pea Ricotta, Tomatoes, and  
Basil Mushroom, Barley, and  
Brussels Harvest Bowl Tempeh  
Rubenesque Salad  
Pomegranate Quinoa Holiday  
Tabouli Seitan Bacon Wedge



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Salad and many more! With designations for gluten-free and raw-ready options and recipes that are work-friendly, weeknight-ready, high-protein, and loaded with superfoods, Salad Samurai shows you the way of the salad:

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killer dishes that are satisfying, healthy, and scrumptious. Praise for Terry Hope Romero "This is exceptionally good food for vegans, vegetarians, and the rest of us who are trying to eat a more sustainable, healthy, plant-

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based diet." - Christian Science  
Monitor on Vegan Eats World  
"Exuberant and  
unapologetic...Moskowitz and  
Romero's recipes don't skimp on  
fat or flavor, and the eclectic  
collection of dishes is testament

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to the authors' sincere love of  
cooking and culinary  
exploration." - Saveur on  
Veganomicon

Discover the amazing versatility  
of the slow cooker! If you're a  
vegetarian who thought slow

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cookers were just for meat-eaters, Fresh from the Vegetarian Slow Cooker will introduce you to the wonders of slow cooking. And if you're already a slow cooker enthusiast, here's a whole new

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array of healthy, delicious recipes for a favorite appliance. Slow cookers can be used for a lot more than just tough, inexpensive cuts of meat. They're perfect for vegetarian and healthy cooking because

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slow cooking is a foolproof way to make beans, grains, numerous vegetables, and much, much more. "Until now most slow cooker cookbooks have been heavily meat oriented, leaning mightily on processed,

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preservative-heavy ingredients. Fresh from the Vegetarian Slow Cooker changes that. What a good idea! Here, every ingredient is fresh and real, and there's not a single pot roast with dehydrated onion soup to be



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found! Hooray for this  
cookbook's ease, innovation,  
delicious-sounding variety, bright  
ingredients, and fine results. Not  
just vegetarians, but anyone who  
needs cooking ease but doesn't  
want to sacrifice full flavor or

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health, will rejoice in this inviting  
book." - Crescent Dragonwagon,  
James Beard Award-winning  
author of Passionate Vegetarian  
Epic Vegan  
Veganize It!  
More Vegan Cuisine for the

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One-Dish Vegan  
Healing the Vegan Way  
225 Super-Tasty Vegan Recipes  
- Easy, Delicious, Healthy  
Recipes For Every Meal of the  
Day!

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## The Vegan Meat Cookbook

### The Voluptuous Vegan

Hi, we're Chad and Derek. We're chefs and brothers who craft humble vegetables into the stuff of food legend. Everything we create is a bold marriage of

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delicate and punchy flavors, and crunchy textures-all with knife-sharp attention to detail. We're proud graduates of the University of Common Sense who simply believe that eating more veg is good for you and good for the

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planet. THE WICKED HEALTHY  
COOKBOOK takes badass plant-  
based cooking to a whole new  
level. The chefs have pioneered  
innovative cooking techniques  
such as pressing and searing  
mushrooms until they reach a

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rich and delicious meat-like consistency. Inside, you'll find informative sidebars and must-have tips on everything from oil-free and gluten-free cooking (if you're into that) to organizing an efficient kitchen. Celebrating the

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central role of crave-able food for our health and vitality, Chad and Derek give readers 129 recipes for everyday meals and dinner parties alike, and they also show us how to kick back and indulge now and then. Their drool-



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inducing recipes include Sloppy  
BBQ Jackfruit Sliders with Slaw,  
and Grilled Peaches with Vanilla  
Spiced Gelato and Mango  
Sriracha Caramel. They believe  
that if you shoot for 80% healthy  
and 20% wicked, you'll be 100%

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sexy: That's the Wicked Healthy way.

From delicious dals to rich curries, flat breads, savory breakfasts, snacks, and much more, this vegan cookbook brings you Richa Hingle's

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collection of plant-based Indian recipes inspired by regional cuisines, Indian culture, local foods, and proven methods. Whether you want to enjoy Indian cooking, try some new spices, or add more protein to

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your meals using legumes and  
lentils, this book has got it  
covered. You'll explore some  
well-known and new Indian flavor  
profiles that are easy to make in  
your own kitchen. Learn the  
secrets of eclectic Indian taste

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and textures, and discover meals in which pulses and vegetables are the stars of the dish. And once you taste Richa's mouth-watering desserts, they will likely become your new favorites.

Within these pages you will find

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recipes to please all the senses,  
including: • Mango Curry Tofu •  
Whole Roasted Cauliflower in  
Makhani Gravy • Baked Lentil  
Kachori Pastries • Quick  
Tamarind-Date Chutney •  
Avocado Naan • Fudgy

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Cardamom Squares The recipes have been designed to simplify complex vegan cooking procedures, and Richa's workflow tips incorporate modern appliances and techniques from other cuisines to reduce cooking

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times. Replacement spices are indicated wherever possible, and Richa also provides alternatives and variations that allow people to be playful and creative with the Indian spices called for in the recipes. The restaurant-quality



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vegan recipes are ideal to make for yourself, for family, and for entertaining guests.

Join Vegan Richa's Instant Pot revolution with brand new techniques to level up your favorite plant-based meals

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Welcome to Vegan Richa's kitchen, where hearty flavors and easy recipes are your passport to delicious, satisfying meals every day of the week. Whether you are an Instant Pot™ pro or newbie, you'll learn how to save

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time and maximize the potential  
of your Instant Pot™ with Richa's  
inventive new techniques for  
layered pot-in-pot cooking  
(Crunchwraps!) one-pot meals  
(Spicy Peanut Noodles in  
minutes) dump-and-done meals

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(comforting Wild Rice Soup and  
Chana Masala—no sautéing)  
roasting and caramelizing  
(Mushroom Gyros) and much  
more! With 150 recipes from a  
range of global cuisines  
highlighting an abundance of

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whole foods, vegetables, and legumes, minimal oil, and no processed ingredients, you'll use your Instant Pot for everything from breakfasts (Egg Sandwiches) to desserts (yes, cake!) to Richa's fan favorite

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regional Indian specialties.

Complete with myriad adaptations, swaps for allergies and special diets, and full nutritional information, Vegan Richa's Instant Pot™ Cookbook is your go-to guide for healthful,

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flavor-forward meals that are a breeze to get to the table.

Are you craving a way to eat killer food without killing yourself, animals, or the planet? Is your brain bloated from watching cooking shows that present

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recipes you're never, ever going to make? Have you been searching for a way to prove to your friends that vegan food can be just as delicious, hearty, and satisfying as the meaty meals they're accustomed to? Then



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this is the book for you. Of his journey from watching food porn on his parents' couch to cooking in Hollywood kitchens to becoming vegan, author Brian Patton writes: My roommate said he didn't know what made me a

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bigger loser: that I was painstakingly preserving episodes of 30 Minute Meals or that I was trying to conceal their existence by labeling them Star Trek....Once I discovered that I could not only survive but thrive

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without taking the life of another being, I was sold. I was a vegan. For good. And that's how an "ordinary dude" became the Sexy Vegan and started creating "extraordinary food" with a decidedly real-meal appeal. On

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every page, Brian proves that seriously good food needn't be too serious.

Salad Samurai

Cook and Let Live

150 Plant-based Recipes from  
Indian Cuisine and Beyond

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Vegan Tacos

Free. From. Animals.

120 Vegan and Vegetarian  
Recipes from Bangalore to  
Beijing [American  
Measurements]

The Wicked Healthy Cookbook

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101 Entirely Plant-based, Mostly  
Gluten-Free, Easy and Delicious  
Recipes

*The abbot of the Holy Protection Orthodox  
Monastery presents some 1,400 vegan  
vegetarian recipes that use no dairy products  
or eggs, including delicious main courses*

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*and soups, as well as bean, grain, lentil, and vegetable dishes. Original.*

*"Detailed step-by-step instructions are provided for creating non-dairy butter, milks and creams using a variety of plant-based ingredient options"--*

*Packed with lightweight, mouthwatering recipes for backcountry adventurers,*

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*Another Fork in the Trail is focused on delicious, easy-to-prepare recipes for those following vegetarian and vegan diets. It includes more than 120 recipes, all of which survived Laurie Ann March's rigorous testing, both at home and in the backcountry. Many of the recipes are gluten-free as well and thus suitable for the*



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*growing number of those suffering from celiac disease. From flavorful lunches, such as roasted tomato dip, to hearty dinners such as vegetable ratatouille, many of the recipes are prepared and dried at home, saving valuable time at camp. With recipes for desserts and baked goods in addition to the staples, the book covers menu planning*

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*and recipe creation and discusses other important considerations for the vegetarian and vegan outdoor adventurers.*

*Within this spell book lie the keys to ultimate vegan satisfaction. It's both a serious cookbook and a hilariously entertaining read. Anyone who loves to cook spontaneously, using recipes only as*

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*guidelines, will enjoy this book. Full-color photos on every page invite you enter to the realm of a black metal chef who engages in linguistic latitude, total irreverence, and incantations to create mouthwatering dishes. QR codes lead to YouTube videos of the recipes, and true metal fans will recognize recipes named after song lyrics. You won't*

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*find the typical recipe template. Instead, ingredients are listed sans measurements, with instructions rich in metaphor rather than precise details, accompanied by tempting photos and preparation steps that will ignite your inspiration.*

***BOSH!***

*The Gentle Chef Cookbook*

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*More than 150 Soul-Satisfying Recipes for  
Easy and Delicious One-Bowl and One-  
Plate Dinners*

*East*

*Another Fork in the Trail*

*The Vegan Slow Cooker*

*Extraordinary Food from an Ordinary  
Dude*

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*100 Recipes and a Real-Life Plan for*

*Eating Less Meat: A Cookbook*

**The ultimate guide for those  
suffering from celiac disease and  
other gluten intolerances! Offers  
more unique gluten-free dishes  
than other cookbooks Simplifies  
preparing delicious gluten-free**

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**meals Includes gluten-free  
options for breakfast, lunch,  
dinners, and even snacks and  
desserts**

**Robin Robertson has built a  
publishing record of successful  
books in the vegetarian/vegan  
category. Her earlier cookbook,**

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**Fresh from the Vegetarian Slow-Cooker, established her bona fides as an expert on the creative use of slow-cookers, and her entire body of work speaks to her ingenuity in the kitchen and the breadth of enticing ingredients and flavors with which she works.**



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**Fresh from the Vegan Slow-Cooker provides practical guidance on how to work with different models of slow-cookers, taking into account the sizes of various machines, the variety of settings they offer, and the quirks and personalities of each device.**

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**She addresses any lingering skepticism readers may have about whether slow-cookers can have delicious, meat-free applications, and she shows how to take into account the water content of vegetables and the absorptive qualities of grains**

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**when vegan slow-cooking. Fresh from the Vegan Slow-Cooker includes eleven recipe chapters, four of which focus on main courses. There are homey and comforting foods in the American and European style, such as a Rustic Pot Pie Topped with Chive**

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**Biscuits and a Ziti with  
Mushroom and Bell Pepper Ragu,  
and there are lots of East Asian,  
South and Southeast Asian, and  
Mexican/Latin dishes, too. Beans,  
which cook slowly under any  
circumstance, are fabulously well-  
suited to the slow cooker, and**

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**Robertson includes such appealing recipes as a Crockery Cassoulet and a Greek-Style Beans with Tomatoes and Spinach. Eighteen robust chilis and stews - two more categories that do well in the slow-cooker - include a warming Chipotle Black**

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**Bean Chili with Winter Squash  
and a surprising but yummy  
Seitan Stroganoff. Beyond the  
mains, there are chapters devoted  
to snacks and appetizers,  
desserts, breads and breakfasts,  
and even one on drinks. The  
many soy-free and gluten-free**

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**recipes are clearly identified.**

**Altogether, the collection offers readers loads of ways to expand their vegan repertoire and to get maximum value from their investment in a slow-cooker.**

**Provides detailed instructions for creating a wide variety of vegan**

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**gourmet foods including revised  
meat and seafood analogues with  
entrees; and expansive chapter of  
new non-dairy butters, creams  
and cheeses; breakfast and  
brunch dishes; refreshing salads  
and dressings; tasty appetizers,  
dips, and spreads; comforting**



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**soups and stews; velvety sauces  
and gravies; and vegan desserts.**

**All recipes are vegan.**

**Enlightened Kitchen is a  
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publication.**

**200 Ultra-Convenient, Super-  
Tasty, Completely Animal-Free**

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Seitan and Beyond  
The Non-Dairy Evolution  
Cookbook  
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**Easy-to-Make Salads You Don't  
Have to Be Vegan to Love  
What to Eat to Save the  
World--80+ Recipes for a Greener  
Planet and a Healthier You  
Plant-Based Eating for Optimal  
Health and Wellness**

The highly anticipated cookbook

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from the immensely popular food  
blog Minimalist Baker, featuring  
101 all-new simple, vegan recipes  
that all require 10 ingredients or  
less, 1 bowl or 1 pot, or 30  
minutes or less to prepare Dana  
Shultz founded the Minimalist  
Baker blog in 2012 to share her

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passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with

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gorgeous photography, this practical but inspiring cookbook includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
- Delicious options for hearty entrées, easy sides, nourishing

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breakfasts, and decadent desserts—all on the table in a snap

- Essential plant-based pantry and equipment tips
  - Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements
- Minimalist Baker 's Everyday Cooking is a totally no-

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fuss approach to cooking for anyone who loves delicious food that happens to be healthy too. A user-friendly volume by the author of *Vegan with a Vengeance* and *Vegan Cupcakes Take Over the World* contains 250 recipes that include a variety of gluten-



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free and tofu-free options for  
numerous occasions.

You don ' t need to be a vegetarian  
to eat like one! With over 100  
recipes, the New York Times  
bestselling author of Dinner: A  
Love Story and her family adopt a  
“ weekday vegetarian ” mentality.

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NAMED ONE OF THE BEST  
COOKBOOKS OF THE YEAR BY  
TIME OUT AND TASTE OF  
HOME • “ Whether you ’ re  
vegetarian or not (or somewhere  
in-between), these recipes are fit  
to become instant favorites in your  
kitchen! ” —Molly Yeh, Food

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Network host and cookbook author Jenny Rosenstrach, creator of the beloved blog *Dinner: A Love Story* and *Cup of Jo* columnist, knew that she wanted to eat better for health reasons and for the planet but didn't want to miss the meat that she loves. But why does it have to

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be all or nothing? She figured that she could eat vegetarian during the week and save meaty splurges for the weekend. The Weekday Vegetarians shows readers how Jenny got her family on board with a weekday plant-based mentality and lays out a plan for home cooks

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to follow, one filled with brilliant and bold meat-free meals. Curious cooks will find more than 100 recipes (organized by meal type) for comforting, family-friendly foods like Pizza Salad with White Beans, Cauliflower Cutlets with Ranch Dressing, and Squash and

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Black Bean Tacos. Jenny also offers key flavor hits that will make any tray of roasted vegetables or bowl of garlicky beans irresistible—great things to make and throw on your next meal, such as spiced Crispy Chickpeas (who needs croutons?),

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Pizza Dough Croutons (you need croutons!), and a sweet chile sauce that makes everything look good and taste amazing. The Weekday Vegetarians is loaded with practical tips, techniques, and food for thought, and Jenny is your sage guide to getting more meat-

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free meals into your weekly rotation. Who knows? Maybe like Jenny ' s family, the more you practice being weekday vegetarians, the more you ' ll crave this food on the weekends, too! This revised and updated edition of the best-selling cookbook Fresh



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from the Vegan Slow Cooker—now with a plant-based focus—offers 225 extremely convenient, delicious, and completely plant-based recipes for everyone's favorite cooking machine. In this inventive cookbook filled with enticing ingredients and flavors,

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veteran chef, cooking teacher, and  
acclaimed vegan cookbook author  
Robin Robertson shares her  
expertise on the creative use of  
slow cookers. Fresh from the  
Plant-Based Slow Cooker includes  
17 new recipes throughout eleven  
recipe chapters, four of which

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focus on main courses. There are homey and comforting foods in the American and European style, such as a Rustic Pot Pie Topped with Chive Biscuits and a Ziti with Mushroom and Bell Pepper Ragu, and there are many East Asian, South and Southeast Asian, and

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Mexican/Latin dishes, too. Beans, which cook slowly under any circumstance, are fabulously well-suited to the slow cooker, and Robin includes such appealing recipes as a Crockery Cassoulet and a Greek-Style Beans with Tomatoes and Spinach. Over 20

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recipes for robust chilis and stews include a warming Chipotle Black Bean Chili with Winter Squash and a surprising but yummy Seitan Stroganoff. Beyond the mains, there are chapters devoted to snacks and appetizers, desserts, breads and breakfasts, and even

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one on drinks. The many soy-free and gluten-free recipes are clearly identified. Fresh from the Plant-Based Slow-Cooker also provides practical guidance on how to work with different models of slow-cookers, taking into account the sizes of various machines, the

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variety of settings they offer, and the quirks and personalities of each device. Robin addresses any lingering skepticism readers may have about whether slow cookers can have delicious, meat-free applications, and she shows how to take into account the water

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content of vegetables and the absorptive qualities of grains when plant-based slow-cooking.

Altogether, this new edition offers you an abundance of ways to expand your plant-based repertoire and to get maximum value from your investment in a



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slow cooker.

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Cookin'! Epic Vegan offers a step-by-step guide to creating timeless comfort foods that are over-the-top delicious, and always plant based. Think classic and nostalgic, yet messy, juicy, and Instagram-

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worthy at the same time. Are you into playing with your food? Epic Vegan does just that, encouraging home cooks to think outside of the box. Author Dustin Harder, host and creator of the original

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vegan travel culinary series,  
The Vegan Roadie, is your  
culinary coordinator for the  
adventure ahead, sharing  
recipes that everyone from  
beginner cooks to experienced  
chefs can create at home. How

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does it work? Recipes are built from the ground up, so you can stop at just the biscuit, or go beyond to the Deep Dish Brunch Pizza with Garlicky Cheddar Biscuit Crust—the choice is yours! Also included

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are recreations of fast-food classics, like Norito's Los Tacos and Cray Cray Bread (you know you can't resist). Every creation is a flavor sensation guaranteed to wow your friends and your taste

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buds. The level of indulgence is up to you to decide! What does an Epic Vegan recipe sound like? Here are just a few examples: Festive Cheesy Spinach Bread Savory Cheddar Fondu Waffle Bowl



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Monte Cristo Rolls Crab  
Rangoon Pizza Double Stacked  
Cookie Dough Cake Bacon  
Macaroni and Cheese Blue  
Burger Hushpuppy Phish Filet  
Sandwich Pumpkin Cream  
Cheese Latte Shake

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Cheesesteak Baked Potato  
Bowl Fried Chicken n Waffle  
Benedict Sandwich Stuffed  
Crust Meatball Parm Pizza  
Almost Famous Buffalo  
Chicken Lasagna Churro Cup  
Sundaes Epic Vegan offers a

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choose-your-own-adventure  
approach for you to become a  
kitchen warrior in your own  
home, your own way. Playing  
with your food has never been  
more fun, or more epic!  
The bean liquid we used to

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throw away turns out to be one of the most astonishing culinary discoveries of the decade. With its amazing egg-replacement abilities, miraculous "aquafaba" can be used as an egg-replacer to

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make everything from French toast to lemon meringue pie. Aquafaba can be used as a binder in both sweet and savory recipes and is a boon to vegans, people with egg allergies, as well as anyone

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interested in innovative  
cooking with a magical new  
ingredient. Aquafaba includes  
the story of how the bean  
liquid properties were  
discovered, how to use it, and  
how to make fabulous recipes,

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including: waffles crepes  
quiche burgers macarons  
marshmallows Aquafaba can  
even be used to make dairy-  
free cheese, ice cream, butter,  
and so much more. The book  
also includes a chapter filled

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with recipes that use the  
chickpeas and beans that  
remain after using their liquid  
to make aquafaba. The latest  
title by San-Diego-based  
author Zsu Dever (author of  
Vegan Bowls and Everyday



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Vegan Eats), Aquafaba  
Gourmet features Zsu's signature  
photography, her easy-to-  
follow instructions, and metric  
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cook ridiculously good plant-based food from scratch but have no idea where to start? With over 100 incredibly easy and outrageously tasty all-plants meals, BOSH! will be your guide. Henry Firth and

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Ian Theasby, creators of the world's biggest and fastest-growing plant-based platform, BOSH!, are the new faces of the food revolution. Their online channels have well over one million fans and constantly

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inspire people to cook ultra-tasty and super simple recipes at home. Always ensuring they stick to fresh, supermarket-friendly ingredients, BOSH! truly is "plant-based food for everyone". In BOSH!, Ian and

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Henry share more than 100 of their favorite go-to breakfasts, crowd-pleasing party pieces, hearty dinners, sumptuous desserts, and incredible sharing cocktails. The book is jam-packed with fun,

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unpretentious and mega satisfying recipes, easy enough to be rustled up any night of the week. It's enough to convince the staunchest of carnivores to give plants a whirl. Whether you're already

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sold on the plant-based lifestyle or you simply want to incorporate more meat, dairy and egg-free meals into your week, BOSH! is your plant-based bible.

“Easy-to-make, inexpensive

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vegan alternatives that remain true to the original tastes and textures.”—Publishers Weekly  
Discover vegan pantry staples—plus enticing recipes in which to use them—in this DIY guide. Many cooks prefer



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to make their own basics rather than buy expensive store versions, which are often loaded with additives and preservatives. These easy recipes make it easy to stock a home pantry. Enjoy vegan

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milks, cheeses, bacon, burgers, sausages, butter, and even Worcestershire sauce in your favorite dishes. Sample Bahn Mi, Sausage Biscuits, Meaty-Cheesy Pizza, Milk Shakes, Jambalaya—even Jerky

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and Lemon Meringue Pie. With more than 150 recipes and 50 color photos, this will become an indispensable cookbook for vegans—and everyone else who enjoys animal-free food.  
“Robertson’s vegan

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alternatives to popular foods  
will draw even nonvegans.”

—Library Journal (starred  
review) “A good choice for  
new vegetarians or vegans,  
who might miss the  
satisfaction of traditional

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meats.” —Booklist

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