



# Meatless All Day: Recipes for Inspired Vegetarian Meals

*Dina Cheney*

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## **Meatless All Day: Recipes for Inspired Vegetarian Meals** Dina Cheney

With an estimated 9 million Americans embracing a 100% vegetarian diet, as well as a whopping 100 million who eat at least one vegetarian meal per week, Meatless All Day is most definitely a cookbook for the masses! It starts with 45 “power ingredients” that make vegetarian food satisfying and delicious. Following are 80 recipes with headnotes that explain how these super ingredients lend dishes a meaty or fishy flavor, demarcate vegan recipes, offer tips for making many of the non-vegan recipes vegan, and provide ideas for rounding out entrées with side dishes and desserts. Whether you’re eating at your favorite restaurant chain or following the lifestyles of celebrities like Ellen DeGeneres, Carrie Underwood, and Russell Brand, vegetarianism is a hot trend. Veggie-packed choices are everywhere ...so why not in your own kitchen with Meatless All Day.

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