



# Home Cooking Recipes: Sustainable Home Cooking with Paleo and Vegan Recipes

*Elia Glazer, Southwell Suellen*

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Home Cooking Recipes Sustainable Home Cooking with Paleo and Vegan Recipes Home Cooking Recipes contains healthy meal recipes that follow two distinct diets, the Paleo Diet, and the Vegan diet. Each diet covers suggestions for healthy cooking with quick home recipes. By making these easy recipes at home you are able to choose from your favorite diet plan which features cooking healthy for the family, whether you are a meat eater (Paleo Diet) or a vegetarian (Vegan Diet.) Whether you want low calorie dinner recipes or if you are aiming just to cook healthy dinners, lunches, and breakfasts recipes, this book offers many homemade healthy dinner recipes for a large variety of meals. You will find home cooking recipes for dinner, lunch, breakfast, and snacks within this book. The Paleo cookbook section contains these categories, Entrees, Side Dishes, Soups, and Snacks, Breakfast, and Desserts. Here are a sampling of some of the recipes: Roasted Turkey with Balsamic Glaze and Apples, Salmon with Red Pepper Sauce and Mushrooms, Chicken Soup with Sweet Potatoes and Swiss Chard, Steamed Baby Carrots with Dill and Honey, Eggs with Kale, Irish Soda Bread, Paleo Style Coco nut Cream Pie, Chocolate Avocado Mousse, Paleo-Style Stuffed Peppers, Pork Roast with Dijon Glaze, Paleo Pizza, Hearty Beef Stew, and Spicy Scallop Salad. The Vegan Diet Cookbook section contains these categories: Why Eat a Vegan Diet?, Becoming a Vegan for Environmental Reasons, Jumping In and Going Vegan, Began Breakfast Recipes, Vegan Soups, Vegan Salads, Vegan Main and Side Dishes, and Vegan Desserts and Snacks. Here are a sampling of the Vegan recipes: Pumpkin Bread, Lentil and Rice Stew, Citrus Couscous Salad with Almonds, Vegetable and Black-eye Pea Soup, Vegan Granola, Lemon Scones with Poppy Seeds, Tortilla Soup, Tofu Salad, Peppered Salad Over French Bread, Chocolate Mint Cupcakes, Oriental Mustard Greens, Asparagus Pecan Salad, Indian Style Fried Potatoes with Cauliflower and Spicy Green Beans.

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