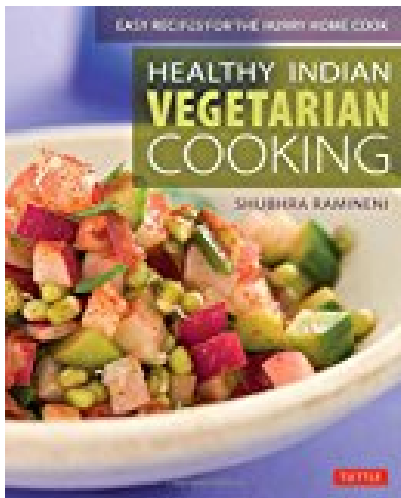


# Healthy Indian Vegetarian Cooking Easy Recipes for the Hurry Home Cook [Vegetarian Cookbook Over 80 Recipes]

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## BOOK DETAILS

- Author : Shubhra Ramineni
- Pages : 128 Pages
- Publisher : Tuttle Publishing
- Language : English
- ISBN : 0804843112

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## BOOK SYNOPSIS

Bring spice into your kitchen and happiness to your taste buds with this delightful Vegetarian Cookbook. When Shubhra Ramineni became a new mother she wanted to make sure that healthy and delicious food became a part of her daughters everyday growing up experience. After all, her own mother is a nutritionist and a great Indian cook. So with her mothers help and a wealth of experience in using Indian spices, she set to work to transform the typically bland vegetarian diet into a fantastic menu of nutritious Indian meals and snacks. In Healthy Indian Vegetarian Cooking, Shubhra shows how easy it is to make healthy and interesting vegetarian food, along with a selection of over vegan and gluten free dishes. Understanding that most of us work full-time, Shubhra has created a cookbook full of delicious, easy-to-make Indian meals and snacks that provide all the nutritional benefits your body (and family) needs. As an added bonus, by eating fresh, locally-grown vegetables you are doing something good for yourself and the planet! Delicious Indian recipes include: Split Chickpea and Zucchini Stew Coconut Vegetable Curry with Tofu Yellow Squash Curry Tandoori Tofu Kebabs Vegetable Pilaf Sauteed Potatoes with Cumin Spinach and Fenugreek Fritters

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