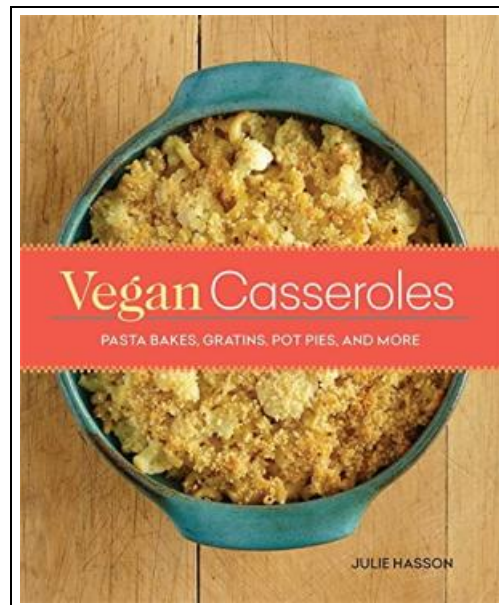


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(Arlene Kemmer)

VEGAN CASSEROLES: PASTA BAKES, GRATINS, POT PIES, AND MORE (PAPERBACK)



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Running Press,U.S., United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. When it comes to traditional comfort food, most of the key ingredients are off-limits to health-conscious vegans. But giving up shepherd s pie, eggplant parm, and cheesy rice casserole was not an option for Julie Hasson, who took on the challenge to recreate flavors she loved, but without the cheese, eggs, butter, and cholesterol. The results are a mix of retro flavors, such as Nacho Cheesy Sauce and a lighter Cream of Mushroom Soup, and fresh, veggie-forward dishes like Mediterranean Stuffed Cabbage Rolls and Summer Corn Custard. The recipes come together quickly, focus on healthier substitutions without the tans-fats, and are endorsed by some of the toughest critics, Julie s college-aged children and their visiting friends! With recipes like Zucchini Basil Lasagna and Tamale Pie, you re guaranteed to find a casserole you ll love. You can even make your own casserole creations by pairing any of the super-simple sauces with your favourite veggies and rice or pasta. Of course, desserts are an important cap to any casserole-based meal: satisfy your sweet tooth with dishes like Rustic Bread Pudding. Now: dig in and feel good about it!.



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