



Meatless: More Than 200 of the Very Best Vegetarian Recipes

Martha Stewart

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For anyone new to a vegetarian diet--flexitarians who adopt plans like Meatless Mondays--as well as committed vegetarians and fans of *Power Foods*, here is a comprehensive collection of easy, meat-free mains for everyday.

As inspiring as it is practical, *Meatless* features 200 recipes—each accompanied by a gorgeous photograph—for full-fledged vegetarians and meat-eaters alike. You'll find recipes for classics and new favorites, plus plenty of low-fat, vegan, and gluten-free options, too.

More than just a cookbook, *Meatless* is also a roadmap to embracing a vegetable-based lifestyle. Here are dozens of versatile recipes that can be easily adapted, such as pizza with a variety of toppings, salads made from different whole grains, and pestos with unexpected flavors and ingredients. You'll also find advice on stocking your pantry with vegetarian essentials (dried beans, pasta, herbs and spices), a collection of basic recipes and techniques (vegetable stock, tomato sauce, polenta), and make-ahead flavor-boosters (caramelized onions, roasted peppers, and quick pickles).

Comprehensive and indispensable, *Meatless* makes it easy to prepare flavor-packed dinners for any day, any occasion. And no one will miss the meat. Selections include:

- Small Plates to Mix and Match:** Smashed Chickpea, Basil, and Radish Dip with Pita Chips; Roasted Baby Potatoes with Romesco Sauce; Stuffed Marinated Hot Red Chili Peppers; Grilled Polenta with Balsamic Mushrooms
- Stovetop Suppers:** Frittata with Asparagus, Goat Cheese, and Herbs; Spring Vegetable Ragout; Farro Risotto with Wild Mushrooms; Southwestern Hash
- Soups, Stews, and Chili:** Tomato Soup with Poached Eggs; Bean Chili; White Cheddar Corn Chowder; Chickpea Curry with Roasted Cauliflower and Tomatoes
- Casseroles and other Baked Dishes:** Ricotta and Spinach Stuffed Shells; Italian Baked Eggplant with Seitan; Black-Bean Tortilla Casserole; Apple, Leek, and Squash Gratin
- Substantial Salads:** Raw Kale Salad with Pomegranate and Toasted Walnuts; Avocado, Beet, and Orange Salad; Arugula, Potato, and Green Bean Salad with Creamy Walnut Dressing; Roasted-Tomato Tabbouleh
- Sandwiches, Burgers, and Pizzas:** Quinoa Veggie Burgers; Grilled Asparagus and Ricotta Pizza; Chipotle Avocado Sandwich; Portobello and Zucchini Tacos
- Pasta and Other Noodles:** Fettuccine with Parsley-Walnut Pesto; Roasted Cauliflower with Pasta and Lemon Zest; Soba and Tofu in Ginger Broth; No-Bake Lasagna with Ricotta and Tomatoes
- Simple Side Dishes:** Mexican Creamed Corn; Cabbage and Green Apple Slaw; Shredded Brussels Sprouts with Pecans and Mustard Seeds; Baked Polenta “Fries”

Meatless: More Than 200 of the Very Best Vegetarian Recipes Details

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From Reader Review Meatless: More Than 200 of the Very Best Vegetarian Recipes for online ebook

Elizabeth says

The cauliflower with lemon and capers is amazing!

Emily says

I found at least 1 recipe that looked good.

704ada says

this book has a wide variety of vegetarian snacks, and meals. definitely recommend to any pesc/vegetarian!

unknown says

I was low on groceries and ideas for cooking. Thankfully this book came in handy!! I went to the index for potatoes and jumped to pg. 313 "Grilled Potatoes with Garlic Herb Oil." I used this recipe for inspiration with what I had on hand. I used cilantro and lime in place of parsley and olive oil. I altered the recipe and so my dish contained: black beans, mozzarella shreds, paprika, salt, onion powder, garlic, pan fried Idaho potatoes, romaine lettuce, red onions, and mushrooms.

I am planning on using the recipe "Shiitake Fried Rice" on pg. 86 during 6/14/16. I will update this review as I use more recipes.

The book's visuals inspire me to cook and be creative. Kudos!!

Laura says

Casey and I are cooking our way through this book, so far every dish has been inventive, exciting, and above all super tasty!!!

Meg Dean says

It's Martha Stewart! It's Whole Living! Of course it's amazing!

I am not a vegetarian, but I do love my veggies! I bookmarked this book more than any other in history on

my Nook!

Cannot wait to get cooking!

10 stars!

Julie Schum says

Excellent cookbook with some solid vegetarian ideas. A lot of easy recipes that I'm surprised I never thought of.

Carlo says

I've become a hardcore vegetarian over the years and obviously have spent tons of money on vegetarian/vegan cookbooks. Putting it simply, with school and work I'm too busy for fancy recipes that require exotic-ingredient hunting, soaking, curing, mixing or other time consuming kitchen stunts.

I'm honestly not a fan of Martha Stewart, but I would trade the shelf full of alternative cookbooks I own for this particular one. This is all you need if you are a time constrained vegetarian like me, wish to become vegetarian, want to add some veggies to your carnivore diet or are just interested in expanding your culinary horizons.

The recipes are the quickest and easiest I've ever seen, using the veggies/dairy products we all know and are able to find at the nearest grocery store. The cookbook itself is concise, simple, peppy looking and far from being a toe-busting brick; yet, there's just the right amount of creativity in the recipes to make it work —I find myself often wondering how come I never thought of putting together such basic ingredients. This may be probably the only cookbook I will ever review/recommend, because I can sincerely say that it has improved the nutrition quality of my diet.

Samantha Schroeder says

I bought this book in a going out of business sale. I wasn't expecting to get too much out of it, since I'm constantly looking for new vegetarian recipes online. Much to my surprise, I ended up marking over 80 pages of recipes that I want to try. My favorite part of this cookbook is that the final pages are all the directions to cook the basics of the book, such as a poached egg and hazelnut dough.

Amy says

You have to be very careful with proportions, some recipes make one serving, some make 8 servings. Also this is full of random fancy ingredients, so it's not a cookbook suitable for all budgets. But lots of fairly simple recipes and some really great ones!

Tamara says

I'm excited about this one.

Diane S ? says

This is only the second cookbook I have reviewed, but it is my new favorite cookbook and one of the few I ever bought. Usually look up a recipe on line or take a cookbook home from the library, which is what I did with this one, but after making a few of the recipes and finding many others I wanted to try, I broke down and brought it. Fantastic pictures, easy to prepare meatless dishes, all yummy tasting. Worth every penny.

Glitta says

This is a great, basic cookbook in the best way. Accessible ingredients, limited numbers of steps, and a wealth of ideas that are appropriate for even the biggest carnivore to dip their toes into vegetarian waters. This is a great staple for everyday cooking.

Gina says

I can't understand why Martha Stewart isn't a vegetarian (she even admits to knowing it's uncool to cook up the sheep raised in her backyard to serve to her daughter--she really did this, can you believe it? poor Plantagenet Palliser!), but this book! This book is full color and contains relatively simple vegetarian recipes that are really inventive, plus suggested menus, explanations on grains, spices, nuts and seeds, and more. Her method for pressing tofu (cut it first, then layer with paper towels and weight it) is now used in my house.

Ran says

I don't usually poke around Martha Stewart's cookbooks. It's nothing personal, I just usually don't have much interest. But I've been trying to think of other ways to prep vegetables and coming up short, recently. As I was eating half a tray of roasted brussel sprouts with garlic last night, I finally to myself said, "Okay, let's borrow this book and see if there's anything of interest in it." Here are the recipes that piqued my interest:

Fresh Pea Hummus (23)

Thirty-clove Garlic Soup (107) *sounds dangerous and tasty*

Broccoli White Bean Soup (129)

Roasted Beet-Garlic Soup (142)

Will update with images as I try these out.

