



The Expanding Light Cookbook: Vegetarian Favorites

By Blanche Agassy McCord

New Age Books/Motilal BanarsiDass Publishers Pvt. Ltd, New Delhi, India, 2002. Paperback. Book Condition: New. Dust Jacket Condition: New. Reprint. The book is for great-tasting, healthful, vegetarian cuisine including Indian, Middle Eastern, Japanese, Thai, Italian and Mexican. Every recipe is simple, easy to use and delicious. In it you will find terrific new vegetable dishes, grains, beans, soups, salad dressings and quick brands. There are dairy as well as non-dairy recipes. Besides the book provides a wide selection of suggested menus for lunches and dinners for various seasons of the year. Appendices provide valuable relevant additional information. With this cookbook, you'll learn to make naturally satisfying meals that are easy to digest, leaving you feeling light and energetic. Printed Pages: 196.

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