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## Healthy Indian Vegetarian Cooking Easy Recipes for the Hurry Home Cook

By Shubhra Ramineni

Tuttle Publishing. Paperback. Book Condition: New. Paperback. 128 pages. Dimensions: 10.4in. x 8.5in. x 0.6in. Bring spice into your kitchen and happiness to your taste buds with Healthy Indian Vegetarian Cooking! Learning new and palate-pleasing ways to incorporate vegetarian meals into your daily schedule can be a chore. In her new book, acclaimed author and caterer Shubhra Ramineni shows how easy it is to make healthy and interesting vegetarian food, along with a selection of vegan and gluten free dishes. Understanding that most of us work full-time, Shubhra has created a cookbook full of delicious, easy-to-make 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! With a few spices in your pantry, like turmeric, cardamom and cumin, and a copy of Healthy Indian Vegetarian Cooking, you can easily whip up flavorful dishes you and your family will love! Recipes include: Split Chickpea and Zucchini Stew Coconut Vegetable Curry with Tofu Tandoori Tofu Kebabs Vegetable Pilaf This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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