



Quick-Fix Vegetarian: Healthy Home-Cooked Meals in 30 Minutes or Less

Robin G. Robertson

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Featuring 150 delicious recipes, *Quick-Fix Vegetarian* provides both novice and longtime cooks with practical and robust vegetarian dishes that can be prepared in less time than it takes to have a pizza delivered. Written by best-selling vegetarian chef Robin Robertson, *Quick-Fix Vegetarian* is the answer for busy families who are looking for healthy food, fast.

"Many studies have shown that vegetarians seem to have a lower risk of obesity, coronary heart disease (which causes heart attack), high blood pressure, diabetes mellitus, and some forms of cancer."--The American Heart Association

Quick-Fix Vegetarian by Robin Robertson recently was named Best New Cookbook by PETA, People for the Ethical Treatment of Animals. The international organization's Proggy Award (short for "progress") recognizes animal-friendly achievement in 21st century culture and commerce. No longer considered a "hippie fad," the vegan lifestyle is becoming going mainstream. In her latest book vegetarian expert Robin Robertson creates recipes such as Spinach and Sun-Dried Tomato Quesadillas, Chipotle-Kissed Black Bean Soup, Mediterranean Orzo Salad, Beat-the-Clock Lasagna, Five-Minute Slow-Cooker Chili, and No-Bake Oatmeal Almond Cookies for this growing consumer base. In addition, *Quick-Fix Vegetarian* shows how to use many of the new commercial vegetarian products and includes recipe variations and tips for speedy, stress-free entertaining without sacrificing flavor or mainstream appeal.

Quick-Fix Vegetarian: Healthy Home-Cooked Meals in 30 Minutes or Less Details

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From Reader Review Quick-Fix Vegetarian: Healthy Home-Cooked Meals in 30 Minutes or Less for online ebook

Jessica Cicoria says

I'm a full time student as well as a full time worker, and after a long day I just don't feel like cooking. The back of this book reads, "vegetarian dishes that can be prepared in less time than it takes to have a pizza delivered," and it is not a lie. I've already made several recipes out of this book, including one for a Quinoa salad that converted me into a Quinoa lover. From Basic Recipes (mushroom gravy, pie crust, etc) to appetizers, entrees and desserts, Robin Robertson makes it easy to never order take-out again.

Jamie says

The recipes featured in this cookbook are healthy, tasty and budget-friendly. I made the Fruit Crisp with some peaches that were turning and it was very yummy! There are a few dinner recipes that have some international flair, such as the Potato "Dosadillas," which keeps the collection from being too boring or repetitive. There are still a few recipes I'd like to try before I turn it in to the library, but overall, this cookbook surprised me with it's inventiveness, budget-friendly stance and ease of ingredients.

Dana says

Very simple recipes - uses canned and other processed foods - not really my taste. No photos.

Sara Q says

The recipe layouts make them hard to read or scan for information while cooking. No photos. Found several recipes that could be very interesting, but I would have to retype them just to use them.

Vita says

I have been searching for a vegetarian cookbook like this one for a long time. Great recipes with easy to find ingredients. No strange herbs or spices. I love this book!

Jayme says

A great go-to cookbook for when you're feeling lazy. This book always has something in it that I can rely on to be tasty with whatever is leftover in my pantry. Many of the recipes even have tips on how to make them "quicker-fixes"; such as using leftover rice, ways to use less dishes, and dressing-up bottled sauces.

Some favourites of mine are:

1. Spaghetti with Red Lentil Sauce - super quick and makes for a more filling, heartier version of pasta sauce.
2. Tempeh with Coconut-Peanut Sauce - great, easy sauce that works with more than just tempeh.
3. Sicilian Couscous - I add raisins to everything because of this one.

And in case you were wondering, like I always do, even though the title says vegetarian, every recipe inside is vegan. Every kitchen should have a lazy day cookbook to turn to. And this is the best one I have found!

Beka says

The recipes seem nice, but I wish there were pictures to tempt me.

Theresa says

I'm going vegetarian by the end of 2012 so this is prep material.

Grape says

Great cookbook for the everyday weeknight. All the recipes are vegan. Sometimes I find the dishes lacking in flavor, but I just know to add more flavors than the recipe calls for. It lends some room for creativity and customization.

LemontreeLime says

This was okay, not enough photos of the completed dishes.

Alison says

Of this recent slew of cookbooks I've read, I found the most recipes to try from this one. It doesn't have any photos of the recipes, but most used basic ingredients that I knew my family would like (or not).

MomIsReading says

This is the best vegetarian cook book I've read yet. All easy to make without a bunch of obscure hard to find ingredients. I have lots of bookmarks in it.

Dana says

I borrowed this book from my mom but I'm going to buy it. It has a lot of quick pasta recipes and since we eat pasta all summer long, it will add some variety into our meals.

None of us every had non-vegetaria reubens but this version was a hit with the whole family.

Some recipes we loved, others were ok, but none were bad.

Kathy says

Good food for vegetarians who want to cook. It is totally vegan and so won't cover everything for vegetarians who eat cheese and eggs.

Alice says

This book doesn't really have an overarching philosophy or a foodie-bent, but it's packed with great tasty recipes. Yes, they all can be made quickly, but they can also be made with minimally processed home prepared ingredients (at the expense of the 30 minute time limit). For a vegetarian book, it's a really solid mix of recipes that use (but don't rely on) fake-meat/meat substitutes and recipes that don't. It doesn't have pictures, and it's not very fancy, but I turn to it over and over again for the kinds of food I make every day.
