



# **The PDQ (Pretty Darn Quick) Vegetarian Cookbook: 240 Healthy and Easy No-Prep Recipes for Busy Cooks**

*Donna Klein*

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## **The PDQ (Pretty Darn Quick) Vegetarian Cookbook: 240 Healthy and Easy No-Prep Recipes for Busy Cooks** Donna Klein

More than 240 healthy and easy no-prep recipes for creating delicious meals-in 30 minutes or less.

No chopping, peeling, slicing, coring, seeding, whipping, or blending required!

From appetizing hors d'oeuvres to impressive desserts, from casual weeknight suppers or elegant dinner parties, **The PDQ Vegetarian Cookbook** is bursting with great-tasting recipes that eliminate the prep work by taking clever advantage of the best new convenience foods and innovative time-saving techniques.

The PDQ promise:

- More than 240 nutritious recipes for appetizers, soups, salads, sandwiches, main courses, side dishes, brunch, and desserts
- No cutlery, graters, juicers, electric mixers, blenders, or food processors required
- Tips on using convenience foods like ready-washed salad greens, pre-cut fruits and vegetables, jarred sauces, and ready-made crusts
- Most dishes ready in 30 minutes-with minimal kitchen clean-up
- Nutritional analysis of calories, protein, total fat, cholesterol, carbohydrates, dietary fiber, and sodium for every recipe
- More than 100 egg-free, dairy-free vegan recipes with no tofu or other substitutes needed

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