



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

Donna Klein

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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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Richard Haley:

Now a day people that Living in the era exactly where everything reachable by connect with the internet and the resources in it can be true or not call for people to be aware of each data they get. How people have to be smart in acquiring any information nowadays? Of course the answer is reading a book. Studying a book can help folks out of this uncertainty Information specially this The PDQ (Pretty Darn Quick) Vegetarian Cookbook: 240 Healthy and Easy No-Prep Recipes for Busy Cooks book since this book offers you rich data and knowledge. Of course the details in this book hundred percent guarantees there is no doubt in it as you know.

Griselda Gonzalez:

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Frankie Lampkins:

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