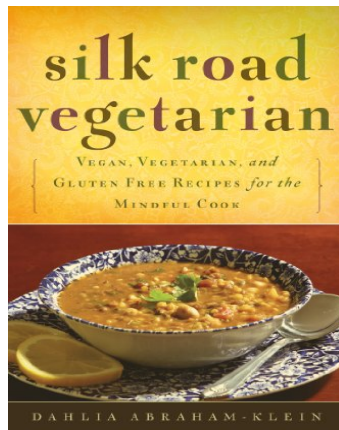


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Beschreibung:

Vegan, Vegetarian and Gluten Free Recipes for the Mindful Cook

Ausgabe **KINDLE**

"Her first cookbook, "Silk Road Vegetarian," is a thoughtful and delicious collection of gluten-free, vegetarian and vegan recipes celebrating the foods of the Silk Road" The Food Network

Discover the secrets of healthy and sustainable eating that have been practiced along the trade routes of Asia for centuries.

This unusual cookbook is filled with richly-flavored vegetarian, vegan and gluten-free recipes that will be a welcome change for any vegetarian or vegan to enjoy. Plus, most of these delicious recipes can be made using ingredients from your local Farmer's market or CSA share!

Delicious vegetarian and vegan recipes include: Bengali Potato & Zucchini Curry Afghan Risotto Zucchini with Basil Vinagrette Turkish Baked Eggplant with MintCurried Lentil Burgers Israeli Chopped Salad Sesame Kale Salad And dozens more Dishes from the Silk Road have their roots in the ancient village food traditions of Asia, where a few healthy ingredients from local gardens were blended with spices to create meals that are nutritious, varied and

flavorful, as well as being ethical and sustainable.

Author Dahlia Abraham-Klein is a food educator and nutritionist who draws from her own family heritage to create meals that honor what is most meaningful about cooking and food everywhere in the world a connectedness to place, history and family. Her book is about developing culinary awareness and celebrating diversity discovering foods with contrasting tastes and textures that are simple and easy to prepare, yet totally exciting and different.

"Silk Road Vegetarian" delves into the cultural and spiritual traditions of the Silk Road to show how cultural traditions have influenced the cuisine. Each dish has a rich history linking past to present in a particular place. At the same time, the recipes address pressing contemporary needs by showing us how to eat a healthy, balanced and yet interesting diet with locally-sourced, earth-friendly ingredients.

The astonishing array of recipes in this book will inspire every home cook. All dishes are easy and simple to prepare, and codes are applied to identify which ones are:
VegetarianVeganGluten-freeTry one of these recipes, and you'll agree that peoples living along the Silk Road created a unique culinary tradition that we have much to learn from today."

Über den Autor und weitere Mitwirkende

Dahlia Abraham-Klein holds a Masters in Education and a degree in naturopathy. She has practiced in New York City for many years, treating patients with food intolerances and sensitivities. She writes for JCarrot on food justice and ethical eating, including a "Green Tips" column on developing a healthier, more sustainable lifestyle.