



Garden Cuisine: Heal Yourself Through Low Fat Meatless Eating

Paul Wenner

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The inventor of the Gardenburger® veggie patty, Paul Wenner knows about delicious, low-fat food, and in *GardenCuisine* he offers more than 150 sensational recipes for everything from tempting appetizers to sumptuous desserts, all of them as satisfying and high in flavor as they are low in fat and nutritionally sound. Tired of the same old breakfast? Try a Savory Breakfast Sandwich with Fresh Fruit Toss and jump-start your day. Suffering from lunchtime letdown? Pair a Middle Eastern Pita Sandwich with a cup of Carrot Ginger Soup and treat yourself to a square of Spice Cake. Enjoy a glass of Fruity Sangria before dinner, then savor Pan-Roasted Portobello Mushrooms over Broiled Polenta and Healthy Caesar Salad; finish with Mango-Apricot Bread Pudding. Who said good health had to be boring?

With complete nutritional information for each recipe, a chapter on nutrition for optimal health, and a 21-day weight-loss program, *GardenCuisine* will delight everyone from already committed vegetarians to those trying to cut down on animal protein in their diet.

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