



One-Dish Vegan: More than 150 Soul-Satisfying Recipes for Easy and Delicious One-Bowl and One-Plate Dinners

By Robin Robertson

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One-Dish Vegan: More than 150 Soul-Satisfying Recipes for Easy and Delicious One-Bowl and One-Plate Dinners By Robin Robertson

Vegan books have risen to a dominant sales position in the vegetarian category. One-dish meals are perennially popular on American tables, and books devoted to one-dish cooking perform well. Robin Robertson's One-Dish Vegan is the first book at the intersection of these two powerful cookbook categories. Robin Robertson has built a publishing record of very successful titles in the vegetarian category. She is known for her creativity in the kitchen, for the breadth of enticing ingredients and flavors with which she works, and for her expertise in vegetarian nutrition - with a special focus lately on how vegans still can get enough protein in their diets. Typically, it takes two or three courses or dishes to make a well-rounded vegan meal. To meet this criterion in one dish takes the kind of ingenuity and expert knowledge that Robertson possesses. One-Dish Vegan contains more than 150 recipes. They range from the most popular categories of one-dish dining like stews, chilis, and casseroles (and other baked dishes) to a host of stovetop sautéés and stir-fries as well as substantial salads and dishes that feature pasta as well as other noodles, such as Asian noodles. The recipes are at once homey and adventuresome, comforting and surprising. Above all, they demonstrate that it really is possible to get a complete vegan meal into one dish, full of good-for-you nutrients and bright, satisfying flavors.

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Editorial Review

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Vegans have just as much need for soups and casseroles as any other eaters, dishes a cook can prepare ahead and that can serve for lunches at desks, for fast leftover meals, and for freezing against another day's dinner. Robertson exhibits imagination and experience in her recipes' design and execution. As do so many expert cooks, Robertson commences with stock—in this case, simple vegetable stock, which can add lots of flavor to many different dishes, not just to soups. Ethnic cuisines contribute intriguing variations on lasagna and even popular pad Thai. She devotes an entire chapter to chili. Certain ingredients appear frequently, especially chickpeas. But Robertson covers plenty of other beans and similar protein sources to help ensure balanced nutrition. Specialty items, such as nutritional yeast, appear sparingly. Those with particular food sensitivities will appreciate her noting which recipes avoid allergens like gluten and soy. --Mark Knoblauch

About the Author

Robin Robertson is a veteran restaurant chef, cooking teacher, and an acclaimed writer. She pens a regular column for VegNews Magazine and has written for Vegetarian Times, Health Naturally, Restaurant Business, National Culinary Review, American Culinary Federation Magazine, and Better Nutrition. She has written numerous cookbooks including the best-selling titles Vegan Planet, Vegan on the Cheap, and Quick-Fix Vegan. Robertson currently writes, promotes her books, and teaches classes on her innovative vegan cuisine from her home in the Shenandoah Valley of Virginia, where she lives with her husband and two cats. Her website is www.robinrobertson.com

Users Review

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Louise Reyes:

This One-Dish Vegan: More than 150 Soul-Satisfying Recipes for Easy and Delicious One-Bowl and One-Plate Dinners book is simply not ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book is definitely information inside this reserve incredible fresh, you will get information which is getting deeper anyone read a lot of information you will get. This specific One-Dish Vegan: More than 150 Soul-Satisfying Recipes for Easy and Delicious One-Bowl and One-Plate Dinners without we realize teach the one who looking at it become critical in contemplating and analyzing. Don't be worry One-Dish Vegan: More than 150 Soul-Satisfying Recipes for Easy and Delicious One-Bowl and One-Plate Dinners can bring whenever you are and not make your carrier space or bookshelves' turn out to be full because you can have it in your lovely laptop even cell phone. This One-Dish Vegan: More than 150 Soul-Satisfying Recipes for Easy and Delicious One-Bowl and One-Plate Dinners having great arrangement in word as well as layout, so you will not truly feel uninterested in reading.

Sylvia Johnson:

The publication untitled One-Dish Vegan: More than 150 Soul-Satisfying Recipes for Easy and Delicious One-Bowl and One-Plate Dinners is the publication that recommended to you to read. You can see the quality of the guide content that will be shown to you. The language that publisher use to explained their way

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