



Vegan Meals for One or Two: Your Own Personal Recipes

Nancy Berkoff

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Each recipe is written so that you can realistically use ingredients the way they come packaged in the store. And you'll have no more I've-Got-To-Eat-Brussels-Sprouts-For-Two-Weeks kind of leftovers! Let scrumptious meals including the following get you started on a vegetarian diet or add spice to your vegan lifestyle: Mongo Mango Smoothie and Chocolate on the run (for those on the go). Breakfast Stacks to go along with your morning paper or while reading e-mail. One Pot Wonders such as Kitchen Sink Minestone, Cool-As-A-Cucumber Soup, Pasta in Paradise, and Lentil-Spinach Pilaf. Also enjoy Quick Tofu Stroganoff or Potato Tacos, Hot Spiced Fruit Stew, Almond Rice Pudding, and much more...

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