



Betty Crocker Vegetarian Cooking (Betty Crocker Cooking)

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Vegetarian cooking isn't just for vegetarians anymore! Today, more and more families incorporate vegetarian meals and products into their everyday cooking. This updated third edition works for everyone - carnivore, flexitarian or dedicated vegetarian - with easy, family-pleasing recipes.

- Updated third edition with information on how to fit vegetarianism into a busy lifestyle, how to feed vegetarian kids, and vegetarian myth busters
- Includes 180 meatless recipes for healthier eating with broad all-family appeal
- Complete nutritional analysis for every recipe
- Vegan recipes identified with an icon
- 60 beautiful full color photos throughout

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