



# **Vegetarian for a New Generation: Seasonal Vegetable Dishes for Vegetarians, Vegans, and the Rest of Us**

*Liana Krissoff*

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# Vegetarian for a New Generation: Seasonal Vegetable Dishes for Vegetarians, Vegans, and the Rest of Us

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With recent nationwide health initiatives, we all know that vegetables need to be the main focus of our diet. The number of vegetarians and vegans in the United States is growing every year, and, even for the omnivorous, cooking and eating more vegetables is the new normal.

*Vegetarian for a New Generation* celebrates modern-day vegetable cookery with dishes that are fresh, uncomplicated, flavor-packed, and, as it happens, entirely gluten free. Author Liana Krissoff draws on global food traditions, offering new takes on classics like caponata, lesser-known creations like *poha* (a breakfast rice and vegetable dish) and *shrubs* (drinking vinegars), and more contemporary ideas like grilled collards, roasted shallot salad, and carrot marmalade. With 175 delicious recipes, *Vegetarian for a New Generation* makes eating more vegetables a pleasure.

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