



THE ACCIDENTAL VEGAN

Devra Gartenstein

Vegetarian and vegan food has come into its own as a vibrant cuisine. With so many good reasons to eat less meat and dairy—not to mention a great opportunity to eat well while spending less—now is the perfect time to explore what healthy, fresh, economical, and environmentally sustainable foods have to offer.

The Accidental Vegan proves that tasty food is tasty food, regardless of what's in it (or not). Diners don't have to be vegetarian or vegan to enjoy it—this is delicious food to the last bite. With more than 20 new recipes, simplified instructions, and a focus on fresh and local ingredients, *The Accidental Vegan* includes appetizers, sauces, salads, soups, mains, sides, and desserts inspired by popular cuisines such as Indian, Thai, Chinese, Middle Eastern, Mexican, and Italian. Its no-fuss ingredient lists and easy-to-follow instructions maximize flavor while minimizing prep time so even accidental chefs will be able to whip up this healthy fare.

Entertaining? Serve finger foods such as Hummus and Roasted Pepper Roll-Ups, Deep-Fried Artichoke Hearts, Rice Balls with Umeboshi Plums, Veggie-Walnut Pâté, and Tomato-Herb Bread. Looking for mouth-watering entrées and sides? Enjoy Acorn Squash Ratatouille and Wild Rice with Mushrooms, Greek Lasagna with Eggplant Fillets, or Caribbean Black-Eyed Pea Salad complemented by Gingered Yams. Just don't forget the Baked Apples and Chocolate-Oat Bars for dessert!

Devra Gartenstein is an omnivore who owns and runs the Patty Pan Grill, a vegetarian restaurant and take-out counter in Seattle, Washington. She is also a farmers' market vendor who can be found at her stand at a local market nearly every day in the summer. Visit www.quirkygourmet.com

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