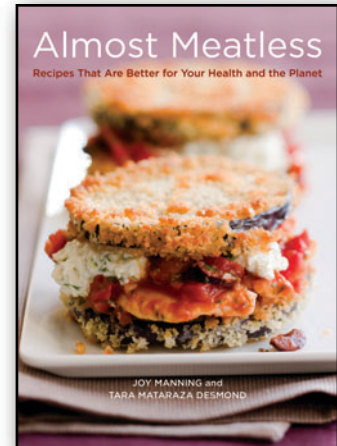


# Almost Meatless

## Recipes That Are Better for Your Health and the Planet

by Joy Manning and  
Tara Mataraza Desmond



Only 5% of Americans are vegetarian, but 30–40% percent—fully one-third of all Americans—are looking for ways to reduce meat in their diets. In these tough economic times, some are trying to save money at the supermarket. Others are concerned about the environment, animal welfare, and their carbon footprint. And many, thanks to a nationwide shift toward “positive eating,” have quit obsessing over fat, calories, carbs, and diets, and simply want to enjoy balanced meals with less meat and more grains, vegetables, and other healthy foods.

*Almost Meatless* provides today’s conscientious carnivores with satisfying recipes that de-emphasize meat without sacrificing flavor and protein, and includes vegetarian variations for flexitarians and part-time meat eaters. It provides ingenious tips for selecting quality meat, poultry, and seafood on a budget, and using them as enhancements—rather than the centerpiece—in a wide range of updated all-American classics and global favorites such as Asian Lettuce Wraps, Chicken and Biscuit Pot Pie, Potato Corn Chowder, Beefed-Up Bean Chili, Sweet Potato Chorizo Mole, and Turkey BLT with Chipotle Avocado.

Joy Manning, a former vegan, and Tara Desmond, an unabashed meat eater, have created meals that are both tasty and filling without having a slab of meat as the star ingredient. Home cooks faced with feeding a skeptical family will find that the wide range of appealing, hearty recipes bely their healthy nature and keep meat-lovers happy. In the classic fish tacos, for example, the fish is grilled, not fried, and paired with avocado salsa and vegetarian refried beans for a more nutritious version. In the burger recipe, black beans and bulgur are mixed with the ground beef for “a patty that is full-size, fully delicious and less meaty,” according to *Publisher’s Weekly*.

For those who enjoy eating meat, but in moderation, *Almost Meatless* proves you don’t have to give up good taste to make a positive impact. Timely and on trend, *Almost Meatless* offers delicious recipes that go light on the meat—maximizing health while minimizing the grocery bill.

### ABOUT THE AUTHORS

**Joy Manning** is the restaurant critic for *Philadelphia* magazine. Her writing has also appeared in *Cooking Light*, *Relish*, *Inked*, and *GOOD* magazines.

**Tara Mataraza Desmond** is a food writer and recipe developer. She has contributed to several cookbooks, *Philadelphia Style* magazine, the *Philadelphia Inquirer*, and to television productions for the Food Network. Visit her blog at [www.crumbsonmykeyboard.com](http://www.crumbsonmykeyboard.com)

**Both authors live in Philadelphia, Pennsylvania, and are available for interviews.**

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