

COOKING UNDER PRESSURE



RECIPIES

Great Vegetarian Cooking Under Pressure

D Keegan



Great Vegetarian Cooking Under Pressure:

Great Vegetarian Cooking Under Pressure Lorna J. Sass, 2013-04-23 Under pressure to prepare a quick nutritious dinner Under pressure to reduce your fat and cholesterol When the pressure is on for a great vegetarian meal on the run turn to Lorna Sass's second guide to the safe and delicious use of the pressure cooker This collection of recipes dispels the myth of the difficulty to use pressure cooker which is in fact easier and faster than the microwave and shows how vegetarian fare can be vibrantly colorful and full of flavor Bursting with rich soups hearty stews and casseroles zesty curries and flavor packed chilis Great Vegetarian Cooking Under Pressure brings together over 150 recipes most with cooking times of under ten minutes Arrive in Provence with a two minute soupe au pistou laced with garlic and fennel serve up an elegant zucchini bisque with tomatoes and fresh basil in just five minutes or prepare a polenta good enough for a palazzo in only ten minutes There are also scores of perfect vegetable side dish recipes with an instructive chart detailing how to prepare everything from artichokes to zucchini Lorna Sass devotes special attention to grains a vital part of the healthy diet and shows how brown rice millet couscous quinoa and bulgur can turn from gourmet store items into staples of your pantry Whether it's Risotto with Broccoli Rabe and White Beans in five minutes or Mediterranean Vegetable Couscous in just six these recipes lock in delicious nutrition without tying up precious time There's even a section about the splendid desserts that are possible with the pressure cooker like Banana Pudding Cake and Pumpkin Bread Pudding Filled with informative sections about the equipment ingredients and language of pressure cooking suggestions for theme menus and mail order resources this compendium of high quality high fiber low fat and mostly cholesterol free dishes will become an essential guide for today's bustling cook *Cooking Under Pressure ()* Lorna J. Sass, 2013-03-26 From the leading authority on speed cooking comes the groundbreaking cookbook that inspired a generation of cooks now updated and revised for today's tastes and sleek ultrasafe machines From the elegant to the ethnic to the traditional Cooking Under Pressure contains a wealth of flavor packed recipes for fast healthy and delicious meals developed for the modern pressure cooker a magical appliance that turns out foods in one third or less the standard cooking time without sacrificing flavor or aroma Lorna Sass introduces us to an eclectic array of dishes that can be prepared on a whim including classic osso buco 18 minutes chicken gumbo 9 minutes and risotto 4 minutes without stirring Even chocolate cheesecake and Grand Marnier bread pudding are done to perfection in short order Plus the dramatically shortened cooking times make it possible to prepare cholesterol free high fiber ingredients such as grains and beans at the last minute The pressure cooker is the cook's best friend Great Vegetarian Cooking Under Pressure Lorna J. Sass, 1996-10 **The Pressured Cook** Lorna J. Sass, 2013-07-30 The follow up to Cooking Under Pressure the classic and bestselling book on the topic this is Lorna Sass's first new pressure cooker cookbook in nine years These seventy five delicious recipes perfect for the single person or the family on the go can be prepared in the pressure cooker in one third the normal time or less Many of the recipes can be prepared in less than ten minutes including Risotto

with Butternut Squash and Sage ready in less than eight minutes and even a few desserts These recipes are also low in fat since cooking under pressure locks in the flavor and only minimal use of butter and oil is required The time is right for a new pressure cooker cookbook pressure cookers are selling better than ever And today s pressure cookers are safer than ever fears in the past about the safety of jiggle top cookers are no more with these safe new cookers this cookbook will be essential for anyone who has ever thought How can I get a delicious meal on the table fast *Vegetarian Cooking For Dummies* Suzanne Havala,2011-04-27 If you thought you had to be a nutritionist to figure out a vegetarian diet it s actually a lot simpler than you think Eating vegetarian in addition to being healthy and delicious is just plain fun Discovering new and exotic vegetables like celeriac or kohlrabi will widen your palate as well as your sense of adventure in the kitchen Plus vegetarian cuisine is chockfull of dishes that are robust and flavorful and a match for any standard meat dish And most important of all eating a plateful of vegetarian lasagna or pasta primavera or any other scrumptious dish prepared vegetarian style will let you indulge without guilt With *Vegetarian Cooking For Dummies* you ll get the skinny on just what lacto ovo lacto and just plain vegan diets are all about and how to create nutritious meals from the rich cornucopia of whole grains legumes vegetables fruits nuts and seeds and dairy and egg substitutes that are the staple of the vegetarian menu You ll also find out How to get your full complement of protein and vitamins including calcium iron C B12 and zinc and from what often surprising food sources How to successfully convert to a vegetarian diet How to stock up a vegetarian pantry including tips on where to shop starting a kitchen garden as well as handy weekly and monthly food lists Vegetarian cooking basics including preparing ingredients cooking beans and grains handling tofu and tempeh washing and cutting fruits and vegetables Simple cooking techniques including baking boiling steaming saut ing and stewing The ins and outs of vegetarian etiquette Not only will you become fully acquainted with the new and delicious world of meat replacements like tofu tempeh seitan textured vegetable protein veggie burgers and franks and egg dairy yogurt and cheese substitutes you ll see how truly simple and enjoyable cooking vegetarian can be With over delicious 100 recipes you ll find yourself choosing among such soon to be favorites as Smoothie snacks including a Caramel Apple Smoothie and a Winter Berry Smooth Breakfast dishes including Savory Mushroom Tofu Quiche Healthy Pancakes and French Toasties Delicious dips including Hummus Baba Ghanouj and Fresh Avocado and Lime Dip Soups for all seasons including Vegetarian Chili with Cashews and Southern Sweet Onion Soup Scrumptious salads including Festive Broccoli Salad Tofu Salad and Lentil Vinaigrette Salad Entrees for everyone including Basic Bean Burritos Spinach and Mushroom Manicotti Garden Pizza and Tempeh Sloppy Joes Full of tips on adapting traditional recipes to vegetarian style cooking plus a spicy spin on old standbys like Home Fries Vegetarian Cooking For Dummies lets you reinvent the vegetarian lifestyle to suit your needs and tastes With pages of full color photos black and white how to illustrations and humorous cartoons along the way this fun informative and upbeat guide makes every meal an exciting step in the journey toward lifelong health *Vegan Pressure Cooking* JL Fields,2015 Learn the ins and outs

of pressure cooking and why there s no need to be scared Create delicious filling and easy meals in under an hour Vegan Under Pressure Jill Nussinow,2016-01-12 Vegan cooking made fast fresh and flavorful with the convenience of a pressure cooker including all the essential info for using the appliance safely and effectively and 175 recipes *Living Vegetarian For Dummies* Suzanne Havala Hobbs,2009-12-02 Practical ways to explore and adapt a vegetarian lifestyle Are you considering a vegetarian diet for yourself or your family Wondering if it s safe and how you ll get the right amount of nutrients This authoritative guide has all the answers you need about living vegetarian featuring healthful advice as well as delicious dishes involving vegetables fruits grains and dairy Inside you ll find expert advice on adopting a vegetarian lifestyle from creating a vegetarian shopping list and understanding the nutritional aspects of vegetarian eating to using the right cooking supplies to vegetarian etiquette eating out and converting a kitchen and your family s mindset away from meat You ll discover how to make it work when you re the only member of the house who is vegetarian as well as how to support a family member including a child Provides the latest information on vegetarian diets as they relate to health the environment and other areas of our lives Includes tips for gradually reducing your meat intake Explains the benefits of a vegetarian lifestyle Offers dozens of new recipes designed to ease the transition from omnivore to vegetarian Whether you re a long time vegetarian or just starting out *Living Vegetarian For Dummies* 2nd Edition is your guide to evaluating and enjoying a meat free lifestyle

Vegetarian Times ,1994-10 Vegetarian Times ,1986-09 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both **Living Vegetarian For Dummies** Suzanne M. Babich,2022-10-10 Vegetarian vegan flexitarian whatever you ll love your new healthier diet Whether you re going totally meatless or just eating less meat *Living Vegetarian For Dummies* is your source for practical info and advice on embracing the veg head lifestyle Lose weight lower your cholesterol reduce your carbon footprint decrease your risk of heart disease and certain cancers it s all possible when you turn to plants instead of animals to fuel you We ve got pro tips on planning meals ordering at restaurants and balancing your dietary needs Plus recipes so delicious you ll wonder why you ever thought you needed meat in the first place Discover the health and environmental benefits of a vegetarian lifestyle Transition away from a meat centered diet with easy recipes and meal plans Find plant based alternatives to your favorite meat products Get tips for navigating menus while eating out and replacing meat in your daily routine *Living Vegetarian For Dummies* is for anyone who wants to learn more about what it means to be mostly or completely vegetarian We make it easy to transition with this fun and straightforward guide **Vegetarian Times** ,1994-09 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are

a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both Short-Cut Vegetarian Lorna J. Sass, 2013-05-07 Now that millions of Americans are exploring the vegan lifestyle award winning cookbook author Lorna Sass has updated her classic cookbook to reveal that achieving great flavor and eating healthy meals don't require spending hours in the kitchen Sass creates culinary magic from a pantry stocked with carefully selected prepared and instant foods such as homemade curry powder roasted red peppers spicy salsas and mustard sauces and roasted garlic oil A splash of orange juice a touch of cinnamon and a few sliced leeks quickly transform handy frozen spinach and a can of highest quality lentils into an exotic Orange Scented Lentil Ragout that will satisfy the most sophisticated palates *Cooking Under Pressure: Mastering Meals With Time Constraints* Ahmed Musa, 2024-12-31 Cooking delicious nutritious meals doesn't have to be time consuming This book provides tips and recipes for making the most of your time in the kitchen from using pressure cookers to prepping ingredients in advance Learn how to create quick flavorful meals that fit into even the busiest schedules Whether you're a working parent or a time strapped professional this book is your go-to resource for stress free cooking *Plant-Based Sports Nutrition* D. Enette Larson-Meyer, Matt Ruscigno, 2019-06-28 Gain the plant based advantage Join the thousands of runners bodybuilders and athletes from virtually every sport who rely on foods and beverages made without animal products Every day an increasing number of athletes even those who are not fully vegetarian or vegan incorporate a plant based diet when training or recovering from competition In *Plant Based Sports Nutrition* registered dietitians Enette Larson Meyer and Matt Ruscigno combine decades of evidence based research with personal experience working with and as vegan and vegetarian athletes to offer you a reliable and complete explanation of how when and why you need to plan your nutrient intake to maximize nutrition and get the best results They will help you make smart decisions about properly fueling your body so you have the energy and stamina to boost your training and excel during competition Learn how to get proper amounts of all essential macronutrients vitamins and minerals taking into account your personal caloric needs Draw inspiration from athletes who share how they succeed in their sports while following a plant based way of eating Enjoy plenty of recipes to use for training event and everyday nutrition needs and utilize the tailored meal plans and training strategies to properly fuel your body Understand nutrient timing and relative energy deficiency syndrome RED S as well as how to meet protein and amino acid requirements while doing light moderate or intense training for your sport Get information on keto diets tips for optimizing bone health and iron intake and instructions for making your own fluid replacement beverage Whether you are a dedicated vegetarian or vegan looking to add variety to your diet or you are an athlete searching for a plant based competitive edge *Plant Based Sports Nutrition* will help you maximize your diet for optimal performance Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam **Fix-it-fast Vegetarian Cookbook** Heather Houck Reseck, 2002 At head

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