



250 Best Beans, Lentils and Tofu Recipes: Healthy, Wholesome Foods

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A delicious collection of recipes that offers not only good health but great food.

Everyone knows that beans, lentils and tofu are good for you, but did you also know that you can enjoy healthy, gourmet food using these ingredients? You absolutely can and this tantalizing collection of recipes compiled by bestselling author and editor Judith Finlayson proves it.

These varied and globally-influenced recipes will give you a whole new perspective on the humble legume. Bean recipes range from elegantly continental dishes to authentic meals that take you back to the days of the Wild West. Discover new ways with lentils, which are a staple of Middle Eastern and Indian cooking. And tofu? Sure, it's not much on its own but paired together with the other ingredients found in these recipes, it becomes something magical.

In a single collection, you can enjoy 250 of the best recipes created by the bestselling authors of Robert Rose along with nutrition information, preparation tips and serving suggestions. These recipes will not only appeal to vegetarians and vegans but to the ever growing number of people who simply wish to eat less animal protein in favor of healthy alternatives. It always means no longer having to prepare several different meals for one family -- everyone, regardless of their leanings, can enjoy this delicious and incredibly satisfying food.

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