



Compete With Meat: Vegetarian Cooking Guide to Please Everyone at the Table (Including Meat Eaters)!

Mary Curtis

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Fat leads to illness but most fat-reducing meals are either too expensive to buy on a regular basis or are bland to our taste buds. Now, there's finally a way to satisfy your taste buds and eat healthy TOO! Compete With Meat, by vegetarian cooking expert Mary Curtis, shows you how to make mouth-water meatless burgers ready for the summer barbecue, traditional Italian lasagna and family-pleasing pizza, burritos, chili, and more! Easy-to-prepare and money-saving recipes, plus an easy guide to cooking healthier and making your own protein-packed meat substitute. Mary Curtis developed these recipes as a way to help her own family eat better. She has won praise for her vegetarian recipes and is now making her gourmet vegetarian recipes available to you!

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