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Linda's Kitchen: Simple and Inspiring Recipes for Meals without Meat

Linda McCartney

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"Linda's Kitchen", first published in 1995, reflected the changing eating habits of our times and offered inspiring, simple to prepare recipes for meals without meat. Now reissued in paperback for the first time, this collection of over 200 tempting recipes provides a blue-print for a vegetarian way of life. In addition to the recipes, the book features a seasonal menu planner packed with ideas for informal family suppers, vegetarian dinner parties, teenage buffets, summer barbecues and warming Sunday lunches. Information panels give clear instructions for simple food preparation and there is a section on nutrition for vegetarians and basic recipes such as mayonnaise, vinaigrette and pastry. The dishes are healthy, nutritionally well-balanced and low in saturated fats, making this the ideal book for anyone interested in adopting a healthier diet and a kitchen basic for committed vegetarians.

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