



Low-Carb Vegetarian Cooking: 150 Entrées to Make Low-Carb Vegetarian Cooking Easy and Fun

Sue Spitler

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For vegetarians, trying to follow a low-carb diet is difficult, as they depend on grains, pasta, bread, and other high-carb foods to get required calories and nutrition, while the popular low-carb diets are based on meat. The authors first present a comprehensive introduction to low-carb dieting for vegetarians -- why it works, what to eat or avoid eating, what to expect as a realistic weight loss, and how to keep it off. The recipes, all entrees, include Eggplant and Zucchini Casserole, Quiche Lorraine, Artichoke Pie, Apricot Cheese Melt, Swiss Cheese and Spinach Pinwheels, Greek Lentil Stew, and over a hundred fifty more. Each recipe includes net carbs and complete nutrition data.

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