



Vegetarian Meals for People On-The-Go (Gift Books)

Vimala Rodgers

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A tofu burger or a BLT? A green salad or a bologna sandwich? Whole grain or white bread? The choice became clearer and clearer to Vimala Rodgers. Granddaughter of a wholesale butcher, Vimala became a vegetarian in 1969 when she realized she was undermining her family's health by serving them the average American diet. Although she had few tools for creating meatless meals that were nutritionally balanced and tasty, a dear family friend who was a longtime vegetarian became her dietary guide. Vimala was relentless in her quest to create healthful and delicious vegetarian meals. As she pursued her nutritional research, she used her kitchen as her experimental lab, and her eight children—then ranging from high chair to high school age—became her taste testers. As friends continued to ask for her recipes, Vimala realized that those she had scribbled on 3 x 5-inch cards needed to become a book. Vegetarian Meals for People On-the-Go was born. Designed for busy people who have little time to spend in the kitchen, these recipes are delicious, versatile, and above all, quick and easy to prepare. This book is Vimala's personal invitation to you to create outstanding meals that will please the palate . . . and bring you rave reviews!



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