



A Modern Way to Eat: 200+ Satisfying Vegetarian Recipes (That Will Make You Feel Amazing)

Anna Jones

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A beautifully photographed and modern vegetarian cookbook packed with quick, healthy, and fresh recipes that explore the full breadth of vegetarian ingredients--grains, nuts, seeds, and seasonal vegetables--from Jamie Oliver's London-based food stylist and writer Anna Jones.

How we want to eat is changing. More and more people cook without meat several nights a week and are constantly seeking to push the boundaries of their own vegetarian repertoire. At the same time, people want food that is a little lighter, healthier, and easier on our wallets, and that relies less on dairy and gluten. Based on how Anna likes to eat day to day--from a blueberry and amaranth porridge, to a quick autumn root panzanella, to a pistachio and squash galette--*A Modern Way to Eat* is a cookbook for how we want to eat now.

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