



Vegetarian Revenge: Better Living Without Chemistry

Karen Q. Petersen Mann, Philip E. Mann

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If you are looking to reduce your risk of diseases such as cancer and diabetes, or if you simply want to clean up your diet and improve your quality of life, look no further than *Vegetarian Revenge: Better Living Without Chemistry*. Compiled by Karen Q. Petersen Mann with Philip E. Mann, B.Sc., M.D., this tasty collection of more than 250 recipes uses fresh, unprocessed herbs and spices instead of processed, disease-promoting fat. The result is surprisingly delicious. And the recipes are exceedingly simple.

The book's premise is uncomplicated: The high levels of fat consumed by most Americans put them at major risk for conditions such as gallbladder disease, cancer, and diabetes. In addition, high levels of saturated fats, which are found in animal fats, high-fat dairy foods, tropical oils, and hydrogenated (solidified) vegetable oils, can raise cholesterol levels and promote heart disease and strokes. Nutritional scientists have long advised that carbohydrates should supply the majority of calories, while fat and protein comprise the balance. In the final analysis, the total number of calories consumed no matter at what intervals, at what time of day, and in what composition determines weight loss or gain.

Although the Manns are experienced cooks, he with a background in nutrition in addition to a medical degree and she with a preternatural keenness of taste and smell, you do not need to be a professional chef to prepare wholesome, nourishing meals. The ingredients used are those you can find at your local grocer; the techniques are those you probably already know.

The Manns enthusiasm for their subject comes through in each delectable recipe as well as in their narrative: Cooking is glorious fun. If it is low-fat and vegetarian, using ingredients uncontaminated with pesticides and chemicals, it gives a sense of achievement and the supreme joy of eating a colorful, healthful, and satisfying meal.

With palate-tantalizing recipes such as Garbanzo Bean and Roasted Pepper Salad, Roasted Tomato Soup With Basil, Artichoke Hearts Stuffed With Spinach, Red Potatoes Roasted With Thyme and Balsamic Vinegar, Spicy Lentils With Couscous, Tostadas With Tofu and Chayote, and Orzo Baked With Mushrooms and Eggplant, you won't miss the extra fat. From fruit and vegetable salads to main dishes and vegetable sides, from quick breads to condiments, you'll love the Mexican, Indian, and Mediterranean influence of these recipes.

As the Manns write, Those of us who want to lose excess pounds can do so by limiting total calorie intake by eschewing fat not chewing it and relying on carbohydrates as the main source of calories. This book shows how it can be done easily, healthfully, and deliciously.

Vegetarian Revenge is a must for everyone who is concerned about their weight or the health risks that accompany a high-fat, high-calorie diet. It is a welcome addition to the healthy cook's cookbook collection.

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