



125 Gluten-Free Vegetarian Recipes: Quick and Delicious Mouthwatering Dishes for the Healthy Cook

Carol Fenster Ph.D.

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A new cookbook by the pioneer of delicious gluten-free food offers mouthwatering vegetarian recipes for gluten-free eaters.

Whether it's because of food allergies, celiac disease, or dietary preferences, more and more people want to eliminate gluten from their diet. Many are looking for hearty, flavor-packed vegetarian and vegan options to increase their energy and make healthy choices for their families and the environment. At last, Carol Fenster—one of the country's foremost experts on special diets and an author of several popular gluten-free cookbooks—answers the call of a growing market of at-home cooks.

In *125 Vegetarian Gluten-Free Recipes*, Fenster applies her proven kitchen prowess to creating quick-and-easy vegetarian recipes that are sensational and healthful. From snacks and appetizers like Baked Kale Chips, to filling dinners like Chili Cornbread Casserole and Eggplant Parmesan Stacks, to decadent desserts like All-American Cherry Pie and Chocolate Brownies, *125 Vegetarian Gluten-Free Recipes* is the perfect addition to any gluten-free kitchen.

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