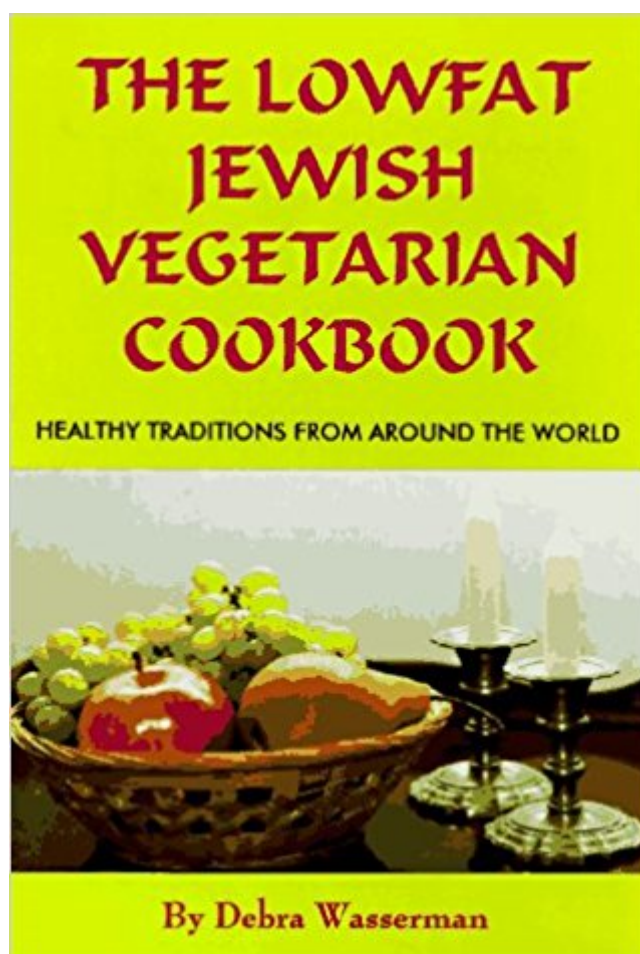


The book was found

# The Lowfat Jewish Vegetarian Cookbook: Healthy Traditions From Around The World



## Synopsis

Over 150 lowfat Jewish vegetarian recipes with an international flavor are profiled, including Rosh Hashanah dinner suggestions and 33 Passover dishes. One can feast on Romanian Apricot Dumplings, Polish Apple Blintzes, Czechoslovakian Noodles with Poppy Seeds, and Ukrainian Kasha Varnishkes. Celebrate with Eggless Challah, Purim Hamentashen, Chanukah Latkes, and more.

## Book Information

Paperback: 224 pages

Publisher: Vegetarian Resource Group; Reprinted 2007 edition (July 1, 1995)

Language: English

ISBN-10: 0931411122

ISBN-13: 978-0931411120

Product Dimensions: 0.5 x 6 x 9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars 9 customer reviews

Best Sellers Rank: #849,066 in Books (See Top 100 in Books) #185 in Books > Cookbooks, Food & Wine > Special Diet > Kosher #718 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat #924 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

## Customer Reviews

I'm vegan and been looking for vegan Jewish cookbooks. This is a vegan cookbook. It even says it on the back cover at the bottom.

Some of the recipes presented here are quite tasty...but I found that many of them were thoroughly unworkable, as if they'd been translated into "vegetarian" without much thought. Matzoh balls are fussy enough with eggs -- with nothing to hold them together but potatoes, they're nearly impossible! Other recipes lacked flavor. In short, simply removing meat, dairy, and eggs does not necessarily make a good vegetarian recipe; something else needs to be provided to supply flavor and structure.

LOVE THIS BOOK! Great and easy recipes. All that I've made tastes good too. Highly recommend to anyone vegetarian. Thanks.

I expected more modern recipes for today's times. The ingredients were basic not very many spices etc? I guess my expectations were too high.

This looked like a great cookbook by the title and the thought of making low fat dishes was appealing to me. I cooked a few recipes and found them bland and not very good. They were low fat though!

This cookbook will be easy to follow and give more alternatives to eating a sound diet.

I like a lot of the recipes here, I would just spice them up a little as they are basic and simple but I like that. So to me this is a good cookbook, modest but quite a treasure chest that takes up very little space. If you prefer elaborate lengthy descriptions with beautiful photographs look elsewhere but this is a handy lowfat book with vegetarian recipes from various different countries. It may look unassuming but you can work with these recipes without too much effort or time. I suggest that you fine tune some of the dishes to your personal liking but you have a rough draft already given of many dishes that you may know from somewhere...

Considering the challenging subject matter, I have to appreciate this book even though it does not contain as much material nor is as professionally presented as many cookbooks. There are not as many Passover recipes as I'd hoped; but ANY source of non-dairy vegetarian Passover recipes is helpful to me, as I need to prepare dishes to bring to a meat-centric Passover seder where vegetarians will be in attendance. I have also just purchased the booklet Vegan Passover Recipes by Nancy Berkoff, which is brief but helpful as well. I have not tried every recipe in Lowfat Vegetarian (I can't comment, for example, on the matzoh ball recipe another review complained about). One non-Passover dish that I particularly enjoy is the Romanian Paprikash (made of mushrooms, potatoes, paprika and other seasonings, and elbow macaroni). Many recipes involve legumes (beans, chick peas, etc.) and various grains. I think the recipes for foods that are originally low in fat probably come out better than the adaptations of traditional fat-ful Jewish food.

[Download to continue reading...](#)

Vegetarian: 365 Days of Vegetarian Recipes (Vegetarian, Vegetarian Cookbook, Vegetarian Diet, Vegetarian Slow Cooker, Vegetarian Recipes, Vegetarian Weight Loss, Vegetarian Diet For Beginners) Vegetarian: Everyday : Vegetarian For Beginners(vegetarian paleo, vegetarian health

recipes, vegetarian weight loss recipes, vegetarian weight loss, vegetarian ... book) (healthy food for everyday Book 2) The Lowfat Jewish Vegetarian Cookbook: Healthy Traditions from Around the World Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget( Crockpot,Slowcooker,Cast Iron) (Vegetarian,Vegetarian Cookbook,Vegetarian ... low carb,Vegetarian low fat) Vegetarian: 4-Week Vegetarian Nutrition Cookbook for Everyday Lifestyle - 39 Quick & Easy Vegetarian Meal Plans for Beginners (Healthy Low Carb Vegetarian Recipes for Diet and Lifestyle) KETOGENIC DIET VEGETARIAN: 120 BEST KETOGENIC VEGETARIAN RECIPES (weight loss, ketogenic cookbook, vegetarian, keto, healthy living, healthy recipes, ketogenic diet, breakfast, lunch, dinner, vegan) VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) The Healthy Ketogenic Vegetarian Cookbook: 100 Easy & Delicious Ketogenic Vegetarian Diet Recipes For Weight Loss and Radiant Health (Vegetarian Keto Diet) (Volume 1) Instant Pot CookBook For Vegetarian Legends: Electric Pressure Cooker Guide Through The Best Vegetarian Recipes Ever (vegetarian, Instant pot slow cooker, ... lunch, dessert, dinner, snacks, SERIES 2) Instant Pot CookBook For Vegetarian Legends: Electric Pressure Cooker Guide through the best vegetarian recipes ever (vegetarian, Instant pot slow ... lunch, dessert, dinner, snacks, for two) 50 Dutch Oven Recipes For The Vegetarian â “ Quick and Easy One Pot Meals (Vegetarian Cookbook and Vegetarian Recipes Collection 8) Vegetarian Weight Loss: How to Achieve Healthy Living & Low Fat Lifestyle (Weight Maintenance & Heart Healthy Diet) (Special Diet Cookbooks & Vegetarian Recipes Collection Book 1) Vegetarian Cookbook: 101 Family-Friendly Vegetarian Recipes Inspired by The Mediterranean Diet for Better Health and Natural Weight Loss: Mediterranean Diet for Beginners (Healthy Cooking) Healthy Meal Prep: Healthy Cookbook Recipes for Weight Loss, Paleo Diet, Summer Recipes, American Cooking, Cookbook of Fish, Meat, Chicken, Vegetarian, Vegan, Soups & Stews - Cooking Recipe Anthology Vegetarian Cookbook for Beginners: The Essential Vegetarian Cookbook to Get Started Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) Salad Dressing: 59 Healthy Homemade Salad Dressing Recipes For Vegetarian, Vegan, And Plant Based Diet. No Oil. No Mayo. No Vinegar. (Healthy Recipes. Healthy Cookbooks To Keep In Your Kitchen.) Olive Trees and Honey: A Treasury of Vegetarian Recipes from Jewish Communities

Around the World Air Fryer Cookbook: The World's No. 1 Low Fat Fryer, The Ultimate Healthy Delicious Recipes Cookbook (clean eating, healthy cookbook, air fryer recipes cookbook, )

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)