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6133. Sass, Lorna J. 1995. Lorna Sass' complete vegetarian kitchen: Where good flavors and good health meet. New York, NY: Hearst Books. xiv + 492 p. Index.

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Sass, Lorna J. 1995. Lorna Sass' complete vegetarian kitchen: Where good flavors and good health meet. New York, NY: Hearst Books. xiv + 492 p. Index.

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Pressure cooker: 6 minutes high pressure. Standard stovetop: 30 to 40 minutes. 1 tablespoon oil 1 large onion, peeled and finely chopped 1 large clove garlic,

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**History of meat alternatives (965 ce to 2014): extensively annotated**

Five-spice seasoning (Often used to flavor dried soybean cakes). Lorna Sass' complete vegetarian kitchen: Where good flavors and good health meet. New York, NY: Hearst 26 cm. [35+\* ref] • Summary: First published in 1992 as An Ecological Kitchen: Healthy Meals for You and the Planet (William Morrow—which see).

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Lorna Sass' Complete Vegetarian Kitchen: Where Good Flavors and Good Health Meet by Lorna J. Sass. \$3.68. Publisher: Quill (August 1995). Publication:

### **Health news - gee lawson nutritional assets diet vegetarian diet**

The Vegetarian Way: Total Health for You and Your Family by Virginia Messina and Mark Messina. New York: Crown Lorna Sass' Complete Vegetarian Kitchen: Where Good Flavours and Good Health Meet by Lorna J. Sass. New York:

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