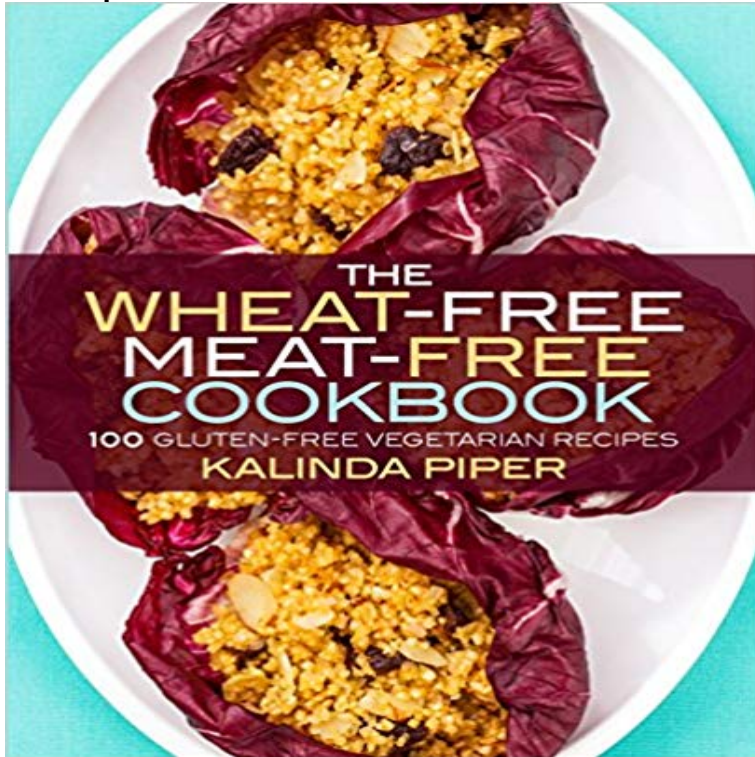


The Wheat-Free Meat-Free Cookbook: 100 Gluten-Free Vegetarian Recipes



The Wheat-Free Meat-Free Cookbook features 100 recipes displaying the diversity of gluten-free, vegetarian cooking. Whether you're looking for a simple snack or a hearty meal, you're sure to find a recipe to delight you. The complete list of recipes is as follows:

Breakfasts
Glazed Doughnuts
Yeasted Waffles
Ful Medames (Egyptian Fava Beans)
Pumpkin Cranberry Bread
Blueberry Coconut Granola
Bagels
Cinnamon Quinoa Muffins
Orange Sour Cream Coffee Cake
Thick and Fluffy Buttermilk Pancakes
Baked Eggs over Mushrooms and Onions
Gooey Butter Cake
Potatoes O'Brien
Snacks and Appetizers
Brussels Sprout Stuffed Onions
Veggie Snack Mix
Tea Eggs
Broccoli Cheddar Muffins
Apricot Pistachio Energy Bars
Baked Polenta
Fries
Rosemary Raisin Millet
Mini-Toasts
Sauerkraut
Apple Fritters
White Bean Millet
Mini-Casseroles
Squash-Wrapped Green Beans
Buffalo Okra Bites
Soups and a Bread
Dill Pickle Soup
Butternut Squash
Apple Soup
Borscht (Beet Soup)
Grapefruit Edamame Soup
Cauliflower Corn Chowder
Vegetable Barley Soup
White Chili
Focaccia
Sides
Pea and New Potato Salad
Braised Brussels Sprouts with Mustard Sauce
Sweet and Sour Bok Choy and Turnips
Patatas Bravas (Potatoes with Spicy Dipping Sauce)
Braised Green Beans with Miso Glaze
Maque Choux (Cajun Corn and Peppers)
Broccoli Cauliflower Chopped Salad
Marinated Asparagus
Braised Celery
Cornbread and Cornbread Stuffing
Mains
Corn Waffle Sandwiches
Pineapple Dal
Falafel
Brussels Sprout
Potato Frittata
Black Bean Plantain Burgers
Roasted Portobello Mushrooms with Roasted Bell Peppers and Blue Cheese
Mujadara (Lentils and Rice with Frizzled Onion)
Chipotle Apricot Encrusted Cauliflower
Sweet and Smoky Dry Rub Tofu
Spicy Sour Noodles
Coconut Curry
Stuffed Sweet Potatoes

Stuffed Cabbage Rolls Vegan Sloppy Joes
Polenta Pie Fall Vegetable Terrine
Enchiladas with Green Sauce Tempeh
Spinach Stuffed Peppers Basic Vegetable
Stir Fry Eggless Broccoli Quiche Pasta e
Fagioli (Pasta and Beans) Teriyaki
Eggplant Steaks Aloo Gobi (Potatoes and
Cauliflower) Zucchini and White Beans
with Sage Pineapple Lime Glazed Tofu
Millet Tabbouli Mushrooms in Balsamic
Glaze over Sauteed Spinach Apple Potato
Tempeh Hand Pies Buckwheat Pilaf Lentil
Crepes with Cauliflower and Peas Bell
Pepper Portobello Fajitas and Fresh Corn
Tortillas Stinky Macaroni and Cheese
Mushroom Nut Roast Collard Green Wraps
Summery Wild Rice Salad Stovetop
Eggplant Parmesan Baked Pasta with
Collard Greens and Squash Lentils with
Olive Salad over Polenta Not Shepherds
Pie Ricotta Gnocchi in Vodka Sauce
Cabbage Kidney Bean Casserole Pesto
Asparagus Galette Vegetarian Chicken
Salad Drunken Spaghetti Steamed Veggies
in Peanut Sauce Millet Tempeh Walnut
Meatballs Couscous Fig Radicchio Wraps
Fried Rice Basil Butter Beans Desserts
Rice Pudding Peach Galette Chocolate
Applesauce Cupcakes Blueberry Mango
Crisp Chocolate Wafer Cookies Coconut
Banana Custard Pie Basic Peanut Butter
Cookies Baklava Rolls Fudgy Sea Salt
Brownies Stuffed Poached Pears Amaretto
Cake

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