



La buena cocina vegetariana (Spanish Edition)

Fabio Zago, Raffaella Ghionna

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A menudo, se suele pensar que cocina vegetariana es sinónimo de alimentación pobre y poco nutritiva. Pero no todo el mundo sabe lo deliciosas y variadas que pueden ser este tipo de recetas. Este libro es un pequeño tributo a los amantes de la cocina vegetariana, aunque también está dirigido a aquellos que prefieren la cocina sabrosa y ligera. Además, esta obra incluye un valioso recetario que conjuga el amor por la buena mesa con la alimentación a base de vegetales. La presente obra ofrece numerosas recetas y consejos para tener al mismo tiempo un plato sabroso y el aporte justo de vitaminas y sales minerales. Además, encontrará útiles informaciones sobre los valores nutricionales de los alimentos. En definitiva, una forma sana y sabrosa de alimentarse que le hará descubrir sabores y aromas nuevos y tentadores.

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