



# Small Planet, Small Plates: Earth-Friendly Vegetarian Recipes

*Troth Wells*

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A global selection of delicious low-impact dishes to further vegetarian cooking, whether it's one day a week or forever. Western livestock-rearing and industrial production of meat is not a model that can be projected worldwide--even if it were desirable. Moving towards a more vegetable-based diet is the only sustainable and healthy way to feed the world. Not everyone can or will give up eating meat at once, but this exciting *Small Planet, Small Plates* will help the change. Some of the best non-meat dishes come from Africa, Asia, Latin America and the Middle East and we have selected a variety of highlights. From the tempting coconut milk rich dishes of South India, to the warming bean and chili concoctions of South America; from the fragrant soups and stir-fries of Thailand to the delicate wat stews of Ethiopia, this cookbook has intriguing tastes for every palate. And to reflect the wealth of vegetarian and non-dairy meals, the book is presented in mezza (or spread of dishes) style--dips that can also accompany a main dish; crispy salads that you may like to start a meal with; a "main" course that could also be a starter and vice versa.... these tasty, easy recipes offer freedom from a standard menu approach and invite you to experiment with exciting tastes, colors and flavors. The extraordinary abundance of nutritious plant foods gives great opportunities to conjure them into delicious, planet-friendly meals. \* Over 100 vegetarian recipes from all parts of the globe \* Recipes presented in mezza style--with suggestions of a number of small dishes that combine to make a full meal \* Easy to follow recipes with suggestions for substitute ingredients \* Useful facts and helpful hints \* Tips on sourcing fair trade and local ingredients \* Full-color recipe photographs throughout

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