



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

Kalinda Piper

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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
Yeast 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 Sautéed 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 Shepherd's 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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