Dear Reader,

Having some vegetarian (or vegan or gluten-free) recipes on hand can be helpful, whether or not you're a vegetarian yourself. There may be times when you have company over who are vegetarian, for cultural, religious, or other reasons, and you want to be prepared. In addition, people may choose to consume fewer animal foods and products in their eating plans, and desire to find suitable and tasty meat-less substitutes. Vegetarian eats are not the bland, boring fare some may traditionally consider (plain tofu, boiled carrots, or alfalfa sprouts!)? The flavors, colors, and textures can be lively and incredibly appetizing to many palates. And, similar to non-vegetarian meals, vegetarian eats can be simple or complicated to prepare.

Numerous vegetarian websites, blogs, and cookbooks exist. Let's start with some favorite websites and blogs:

- **All Recipes ? Vegetarian Recipes** [2] ? This website will automatically convert their recipes to make any number of servings you desire!
- **VegWeb** [3] ? Vegweb.com contains a seemingly unlimited number of recipes, and lots of other info vegetarians would find interesting.
- **Vegetarian Times** [5] ? Also a monthly magazine, all recipes on this website are user rated and the internal search engine is very helpful.
- **Veggie num num** [6] ? A very accessible website for those new to vegetarianism. This blog features simple, vegetarian recipes.
- **Post Punk Kitchen** [8] ? Around since 2003, this site features fun vegan recipes such as the [quarter pounder beet burger] [9], [seitan and sauerkraut runzas] [10], and [pumpkin pie ice cream] [11].
- **Vegetarian Resource Group (VRG)** [12] ? A non-profit organization featuring a number of vegetarian recipes, but also educates and advocates for a meat-free lifestyle.
Cookbooks are also terrific resources of recipes for vegetarians, including:

- "How to Cook Everything Vegetarian," by Mark Bittman will appeal to those who want simple vegetarian recipes.
- "Veganomicon: The Ultimate Vegan Cookbook," by Terry Hope Romero is a classic. While all the recipes are vegan, you could easily adapt and add some non-vegan, but still vegetarian ingredients, such as milk or cheese.
- "Moosewood Restaurant Cooks at Home: Fast & Easy Recipes for Everyday," by the Moosewood Collective. Actually, all of the Moosewood cookbooks are excellent!

These books, as well as other vegetarian cookbooks, are available at on- and off-line bookstores. For more information about vegetarianism, check out the Related Q&As.

Readers: We would love to hear your suggestions! Leave 'em in the comments!

Happy (vegetarian food) hunting,

Alice!

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