

# Descargar libros gratis Cocina con vegetales - Mara Iglesias QBook



Planear una comida sin la presencia casi cotidiana de la carne parece, a priori, una tarea bastante difícil. Muchos paladares aún se resisten a admitir la posibilidad de una dieta que la excluya, aun a sabiendas de que el excesivo consumo de carnes rojas puede resultar perjudicial para la salud. Lejos de la rigidez de muchos menús vegetarianos, este libro explora una amplia gama de posibilidades gastronómicas que incluye una extensa variedad de verduras. Se ha recurrido a recetas europeas, americanas y orientales, en el conocimiento de que las cocinas de todo el mundo incluyen platos exquisitos, que combinan ingredientes que reemplazan con sabor y frescura a la carne.

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