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Cookbooks, Vegetarian and Vegan

These cookbooks offer recipes and tips for people who want to cook without most meats, without meat at all, and without any animal products such as dairy, eggs, and honey. To order any of these titles, contact the library by email, phone, mail, in person, or order through our [online catalog](#). Select titles can be [downloaded from BARD](#).

Vegetariana a Rich Harvest of Wit, Lore, and Recipes By Nava Atlas

Read by J. Michael McCullough Reading time 8 hours, 8 minutes

Compendium of savory recipes, anecdotes, aphorisms, and food folklore. This vegetarian reader also includes poems, botanical trivia, quotations, and culinary curiosa.

[Download from BARD: Vegetariana a Rich Harvest of Wit, Lore, and...](#)

Also available on cassette RC021076

The Whole Foods Diabetic Cookbook By Patricia Bertron

Read by Barbara Pinolini Reading time 4 hours, 30 minutes

A collection of vegetarian recipes using whole grains, legumes, fruits, and vegetables. Gives an overview of diabetes and explains how diet and exercise are important in controlling the disease. Includes a nutritional guide and tips on grocery shopping and menu planning. 2002.

[Download from BARD: The Whole Foods Diabetic Cookbook](#)

Also available on cassette RC055973

The China Study Cookbook Over 120 Whole Food, Plant-Based Recipes By

Leanne Campbell

Read by Erin Jones

Reading time 4 hours, 48 minutes

The author--sister and daughter of the authors of The China Study (DB 80066)--created this companion cookbook of recipes that use no animal products, no added fat, little or no added salt, and only a judicious amount of sweetening agents. Includes entrees, breads and muffins, breakfast dishes, soups, appetizers, and more. 2013

[Download from BARD: The China Study Cookbook Over 120 Whole...](#)

Also available on digital cartridge DB080190

The Real Food Daily Cookbook: Really Fresh, Really Good, Really Vegetarian by Ann Gentry

California restaurant owner offers dozens of plant-based, low-fat dishes utilizing organic whole grains, vegetables, legumes, soy products, and other locally grown ingredients. Includes recipes for appetizers, sauces, salsas, soups, breads, sandwiches, sides, and desserts, as well as seasonal entrees blending international and American cuisines. 2005.

[Download from BARD as Electronic Braille BR16820](#)

Also available in braille BR016820

Feeding the Healthy Vegetarian Family by Ken Haedrich.

Read by Gary Tipton

Reading time 12 hours 57 minutes.

Foodwriter and father of four offers recipes and advice for vegetarian families. Offers a wide variety of dishes that are quick to prepare and contain easy-to-find ingredients. The selections allow families to explore different styles of vegetarianism--including vegan and lacto-ovo diets. 1998.

[Download from BARD: Feeding the Healthy Vegetarian Family](#)

Also available on digital cartridge DB066856

The Imus Ranch Cooking for Kids and Cowboys By Deirdre Imus

Read by Barbara Pinolini

Reading time 5 hours, 56 minutes

Author shares organic, vegetarian, and vegan recipes from her family's environmentally friendly, 4,000-acre New Mexico cattle ranch that hosts children experiencing illness or loss. Offers ideas for soups, sandwiches, sauces and dips, salads, main dishes, desserts, and more. Provides information on egg, dairy, and meat substitutes and healthy living. 2004.

[Download from BARD: The Imus Ranch Cooking for Kids and Cowboys](#)

Also available on cassette RC061309

The Teen's Vegetarian Cookbook By Judy Krizmanic

Read by Kristin Allison

Reading time 6 hours, 6 minutes

In this companion to A Teen's Guide to Going Vegetarian (RC 41479) the author offers recipes and tips to becoming self-sufficient in the kitchen. Includes useful substitutions, menus, and suggestions for the college-bound. For junior and senior high and older readers. 1999.

[Download from BARD: The Teen's Vegetarian Cookbook](#)

Also available on cassette RC051388

Eat Your Greens, Reds, Yellows, and Purples By Carrie Love

Read by Michael Scherer

Reading time 1 hour, 16 minutes

Guide for kids to make tasty, healthy vegetarian dishes, including a red pepper hummus, fruity raisin granola, sunshine rice, and more. Separates the recipes by the color of the fruits and vegetables, and discusses how to prepare the ingredients. For grades 3-6. 2016.

[Download from BARD: Eat Your Greens, Reds, Yellows, and Purples](#)

Also available on digital cartridge DB084648

Vegetarian Cooking for Everyone By Deborah Madison

Read by Carole Jordan Stewart

Contains 8 cassettes

These fourteen hundred recipes from simple to complex and incorporating many different cultures and flavors include soups, salads, sandwiches, main courses, and desserts. Madison incorporates the use of vegetables, grains, and dairy and soy products in her dishes. Includes information on the purchase and storage of vegetables.

[Download from BARD: Vegetarian Cooking for Everyone](#)

Available on cassette RC046071

Vegetarian Suppers from Deborah Madison's Kitchen By Deborah Madison

Chef and award-winning cookbook author's vegetarian dishes for evening meals cover savory pies, gratins, stews, braises, pasta, sandwiches, crepes, and fritters. Includes recipes for eggs, tofu, and tempeh and for basics such as sauces, stocks, polenta, rice, and beans. Suggests vegan and seasonal options, wines, and pantry items. 2005.

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Also available in braille BR018834

Moosewood Restaurant Simple Suppers: Fresh Ideas for the Weeknight

Table By Moosewood Collective

Read by Gary Tipton

Reading time 7 hours 56 minutes.

Dozens of recipes for meals that can be prepared quickly and require only a few nonperishable pantry items and high-quality fresh ingredients. Dishes include pasta, beans, tofu, salads, sandwiches, sauces, grains, and fish. Provides tips on substitutions and variations, cooking techniques, and advance meal preparation and suggestions for leftovers. 2005.

[Download from BARD: Moosewood Restaurant Simple Suppers: Fresh...](#)

Also available on digital cartridge DB066340

New Recipes from Moosewood Restaurant By Moosewood Collective

Read by Gary Tipton

Reading time 9 hours 25 minutes.

Seventeen members of the Moosewood Collective, a worker-owned-and-operated restaurant in Ithaca, New York, offer vegetarian recipes inspired by ethnic and international cuisine that use fresh, seasonal ingredients. Includes suggestions for chilled and hot soups, salads and dressings, sandwiches, sauces, fish, pasta, sides, breads, and desserts. 1987.

[Download from BARD: New Recipes from Moosewood Restaurant](#)

Also available on digital cartridge DB066626

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Also available in braille BR018254

Main Street Vegan Everything You Need to Know to Eat Healthfully and Live Compassionately in the Real World By Victoria Moran

Read by Jill Ferris

Reading time 13 hours, 49 minutes

Guide to adopting a plant-based lifestyle covers meeting nutritional needs, adapting your kitchen environment, dining out, and discussing dietary changes with your physician. Advocates vegan choices in clothing, household cleaners, and cosmetics. Includes recipes. 2012.

[Download from BARD: Main Street Vegan](#)

Also available on digital cartridge DB075001

The Clueless Vegetarian a Cookbook for the Aspiring Vegetarian By Evelyn Raab

Describes different types of vegetarian diets and the nutritional information necessary for optimum health. Provides easy recipes that would appeal to teenagers interested in a meatless lifestyle. For junior and senior high readers. 2000.

[Download from BARD as Electronic Braille BR14735](#)

Also available in braille BR014735

The Vegetarian Handbook By Gary Null

Read by Mary O'Neal Reading time 9 hours, 48 minutes

A summary of the reasons for adopting the vegetarian life-style. Treats briefly the history of vegetarianism, and lists famous vegetarians, such as Darwin and Tolstoy, along with contemporary celebrities. Includes recipes.

[Download from BARD: The Vegetarian Handbook](#)

Also available on cassette RC028487

The New Laurel's Kitchen a Handbook for Vegetarian Cookery & Nutrition

By Laurel Robertson

Read by Mary O'Neal

This volume recognizes that food is the basis of nurturing and that nurturing is the process by which all things develop. It also addresses the science of food and nutrition and its role in preventing illness and maintaining and loving work that includes such recipes as Mushrooms petaluma, poppyseed noodles, lazy pirogi, and Sebastopol pizza.

Available on cassette RC026179

The Conscious Cook Delicious Meatless Recipes that Will Change the Way You Eat By Tal Ronnen

Read by Butch Hoover Reading time 6 hours, 2 minutes

Noted vegan chef shares his own and guest chefs' recipes and dinner-party menus for vegan cuisine. Includes starters, salads, soups, sandwiches, entrées, and desserts. Ronnen discusses his favorite "super" foods, myths about veganism, tools and tricks for the kitchen and pantry, and using cashew cream to replace dairy. Bestseller. 2009.

[Download from BARD: The Conscious Cook Delicious Meatless...](#)

Also available on digital cartridge DB070667

Eat Greens: Seasonal Recipes to Enjoy in Abundance By Barbara Scott-Goodman

Read by Kerry Dukin

Reading time 5 hours, 38 minutes

Provides tips on growing or buying a wide variety of green vegetables, including artichokes, green beans, celery, dandelion leaves, escarole, chard, fennel, and broccoli rabe. Offers numerous recipes for dishes such as herbed leek and watercress soup and sautéed snap peas with honey and mint. 2011.

[Download from BARD: Eat Greens: Seasonable Recipes to Enjoy...](#)

Also available on digital cartridge DB073882

Fields of Greens New Vegetarian Recipes from the Celebrated Greens Restaurant By Annie Somerville

Read by Patricia McDermott

Reading time 16 hours, 48 minutes

The chef of the Greens Restaurant in San Francisco provides recipes for "lighter, leaner, simpler" vegetarian dishes. Examples are ravioli filled with eggplant, roasted garlic, and romano cheese; leek and olive tarts; and warm black beans with chilies and cilantro. Notes throughout help in selecting ingredients and encourage using organically grown vegetables.

[Download from BARD: Fields of Greens New Vegetarian Recipes from ...](#)

Also available on cassette RC039674