

Vegetarian Burgers Bharti Kirchner

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Summary:

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Vegetarian Burgers: The Healthy, Delicious Way to Eat ... Want a burger that's low in fat and cholesterol, high in nutrition and fiber, and simply delicious? Try a veggie burger. Not the bland bean burgers of yore, these burgers offer a wide range of exciting flavors, textures, and ingredients that give America's favorite food a unique vegetarian twist, and an international flavor. Vegetarian Burgers by Bharti Kirchner - blogspot.com This cookbook has a chapter devoted to each of five different types of burgers; grain and bean, vegetable, nut and seed, tofu, and stuffed burgers. Additionally, there's a chapter for side-dishes and one for condiments. Vegetarian Burgers Bharti Kirchner - alohacenterchicago.org Vegetarian Burgers - Bharti Kirchner - Google Books Bharti Kirchner is the acclaimed author of The Healthy Cuisines of India, India Inspired, and The Bold Vegetarian, and is a frequent contributor to such magazines as Vegetarian Times.