



Meatless Eats: Savory Vegetarian Dishes from Around the World

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Originating from Instructables, a popular project-based community made up of all sorts of characters with wacky hobbies and a desire to pass on their wisdom to others, *Meatless Eats* is made up of recipes from a cast of cooks who demonstrate their culinary savvy and flavor combinations.

Meatless Eats gives full step-by-step instructions for creating delicious vegetarian dishes that even die-hard carnivores will crave. Written by cooks who can't get enough of veggies, each recipe contains pictures for an easy follow-along guide, even for those who spend little to no time in the kitchen. Discover your inner vegetarian with these mouthwatering recipes:

- Eggplant Parmesan
- Veggie Mexican Lasagna
- Portobello Mushrooms with Grilled Feta Burger
- Scrumptious Caponata
- Tomato Frittata
- Fiery Pumpkin Samosas
- Vegetarian Mushroom Gravy
- And much more!

The Instructables community offers a great mixture of tastes and cuisines. Italian, Mexican, American, and more will appease any picky eater as well as provide for those who are willing to try just about anything.

Meatless Eats will have you swearing by your healthy lifestyle, even if it's only for a single meal.

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