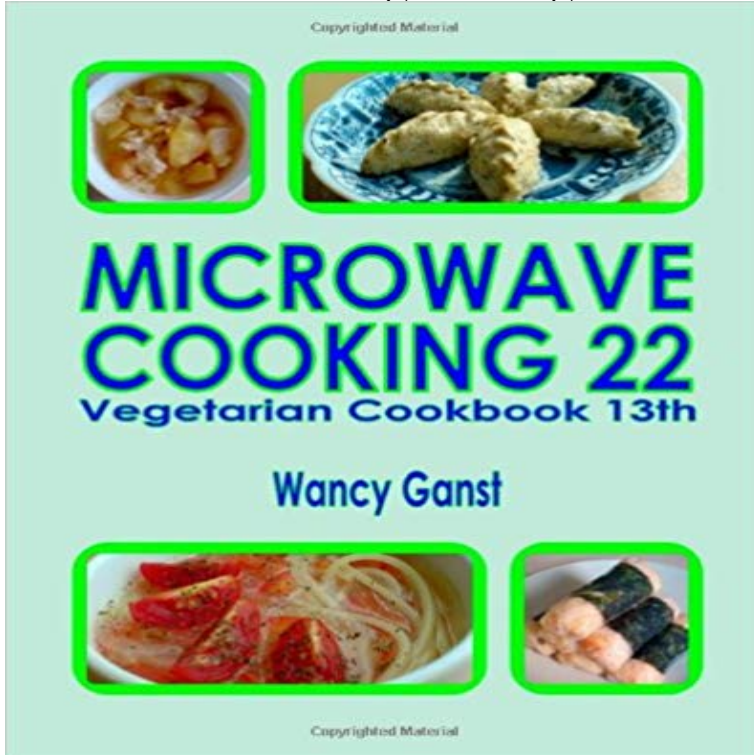


# Microwave Cooking 22: Vegetarian Cookbook 13th



Vegetarian diet is more and more popular in recent years. Cooking vegetables with microwave oven can retain more nutrients than using traditional methods (ie, gas/fire) and thus it is healthier. Continuing from the previous book in the Vegetarian series, that different vegetarian ingredients are used to cook with rice/noodles/pasta. It is highly recommended to the people, who want to prepare quick and easy meals. This book is also suitable for the people who (1) are the beginners in cooking; (2) have limited tools and equipments for cooking at home; and (3) want to try another easy and simple way to cook vegetarian cuisine.

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