



# Quick-Fix Vegan: Healthy, Homestyle Meals in 30 Minutes or Less

*Robin Robertson*

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"Robertson cuts to the chase and puts together good food simply. If you were thinking of slapping together a sandwich, you may as well make one of hers, full of vibrant veggies and flavors, instead of the same old pb and j. It doesn't really take much more time... "It was a real pleasure making dishes from the book. Like everyone else, I don't have a ton of time, so quick is always good. Reading and cooking from Robertson's recipes, I admire the way her mind works. As a fellow recipe developer, I can appreciate a well-crafted recipe. These recipes are simplified, but still interesting, and follow the shortest path from point A to point B. Simple looks easy, but it takes skill to make it that way. I also appreciate the use of whole foods, like beans, nuts and seeds, and the near absence of mock meats. Just because you are in a hurry doesn't mean you have to go in for vegan bologna or burgers every night, in Robertson's kitchen." --Robin Asbell's *The New Vegetarian*

Following on the success of *Quick-Fix Vegetarian*, Robin Robertson's *Quick-Fix Vegan* provides 150 new vegan recipes ranging from starters, snacks, salads, sauces, and sandwiches to stovetop suppers, pastas, soups, and desserts that can all be prepared in 30 minutes or less. *Quick-Fix Vegan* also features "Make-Ahead Bakes," convenient recipes that are assembled ahead of time (in less than 30 minutes) and then baked before serving.

*Quick-Fix Vegan* draws upon a myriad of ethnic influences including French, Mexican, Moroccan, Mediterranean, Greek, Cajun, East Asian, Italian, and Middle Eastern, and features recipes such as Spicy Black Bean Hummus with Orange, Korean Hotpot, Rotini with Creamy Avocado-Herb Sauce, Moroccan-Spiced Pumpkin Soup, BBQ Pinto-Portobello Sandwiches, Burmese Ginger Salad, Autumn Harvest Gratin, and Catalan-Style Creme Brulee.

An introductory chapter provides the reader with basic information on how to maintain a "quick-fix" vegan kitchen including pantry suggestions and kitchen tips, as well as basic recipes for ingredients such as homemade vegetable stock and seitan. Cooks of all skill levels will find that the recipes inside *Quick-Fix Vegan* are just as delectable and adaptable to the omnivore, as they are essential to the vegan lifestyle.

*Quick-Fix Vegan* is a companion volume of Robin Robertson's *Quick-Fix Vegetarian*.

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