Veg Power! is not just for vegetarians. Even meat-loving families will welcome these flavorful meals on a day or two a week when you want to enjoy a healthful meatless meal. Meatless meals can be delicious, satisfying, and filling!

**product highlights**
- 140 fresh recipes and 40 mouth-watering photographs
- Look for our “Can’t Commit?” tips throughout the book for ideas on how to add meat to many of the recipes
- Recipes using 70 varieties of vegetables, 21 fruits, 14 whole grains, and 12 dried beans, peas, and lentils, these dishes will convince you that eating vegetarian is healthy and hearty.