



Hot & Spicy & Meatless 2: Over 150 New Flavorful and Healthful Recipes

Dave DeWitt, Mary Jane Wilan, Melissa T. Stock

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You don't need meat for hot, spicy flavor, but you might need a fire hose to wash down this latest all-new collection of red-hot vegetarian fare. Once again, Dave DeWitt, Mary Jane Wilan, and Melissa T. Stock have collected recipes from the American Southwest and the world over. They've conveniently rated each dish from mild to extremely hot, and suggested substitutions for those who want to turn the temperature down—or up! The authors garnish it all with a quirky, informed, running commentary on nutrition, eating habits, the history of food, and more. So be brave—sample this scorching assortment:

- Fiery Ginger Eggplant Dip
- Red Hot Lover's Vegetarian Lo Mein
- Spicy Creole Rice
- Sun-Dried Tomato Bisque
- Spicy Moroccan Clay Pot Vegetables
- Jalapeno Margaritas
- Bombay Curried Eggs Stuffed in Crepes
- Mango Habanero Sorbet
- and many more fiery delights!

Includes a Pepper Primer, Mail-Order Food Sources, and More!

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