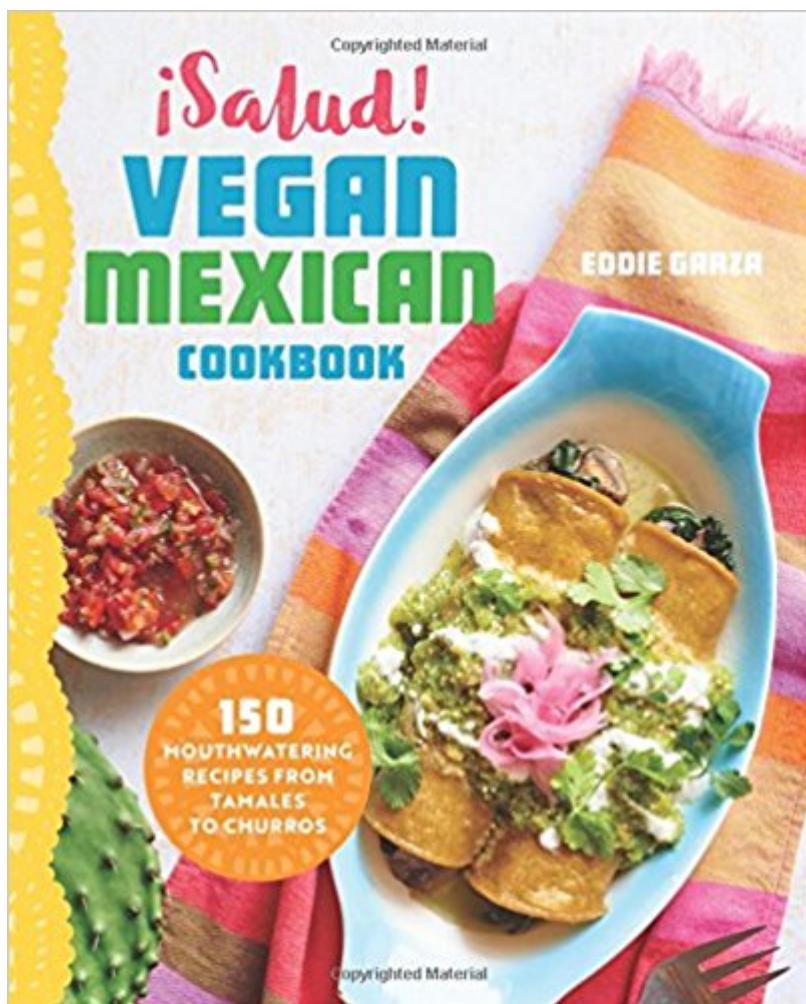


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# ¡Salud! Vegan Mexican Cookbook: 150 Mouthwatering Recipes From Tamales To Churros



## Synopsis

Mexican food has always been my go-to comfort food. And with *¡Salud! Vegan Mexican Cookbook*, Eddie shows us that we can enjoy the rich flavors of Mexico in a healthful way that not only nourishes the soul, but our entire body. Eddie is a Puerto Rican broadcast journalist, winner of the 2001 PETA Humanitarian Award. There are so many delicious reasons to love Mexican food. *¡Salud! Vegan Mexican Cookbook* takes a twist that's both mouthwatering and healthy on these classic dishes. Renowned chef Eddie Garza combines his innovative cooking techniques with traditional Mexican staples. As a leading voice on Latino health and nutrition, Garza is committed to finding healthier ways to enjoy delicious Mexican fare without animal ingredients. Enjoy such tantalizing dishes as: Spicy Eggplant Barbacoa Tacos, Jackfruit Guisado, Oaxacan Style Mushroom Tamales, Classic Chile Relleno, Black Bean and Guacamole, Sopes, Chicken-Style Enchiladas with Green Mole Sauce, Rajas con Crema, and Horchata Mexicana.

## Book Information

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## Customer Reviews

“Mexican food has always been my go-to comfort food. And with *¡Salud! Vegan Mexican Cookbook*, Eddie shows us that we can enjoy the rich flavors of Mexico in a healthful way that not only nourishes the soul but our entire body.” Eddie is a Puerto Rican broadcast journalist, best-selling author, and winner of the PETA Humanitarian Award. If you think good Mexican food has to have meat in it, you don’t know beans! *¡Salud! Vegan Mexican Cookbook*

takes Mexican food back to its plant-based origins and highlights the incredible versatility of ancient beans, grains and native fruits and vegetables. Put down that beef burrito and pull out your chopping block for a wholesome spin on all your favorite Mexican dishes! • Patricia De Leon, Panamanian actress, PETA member and spokesperson • More and more people are moving away from eating meat, whether they're going vegan, vegetarian or simply taking a weekly holiday from meat by participating in Meatless Mondays. Well, get ready to send out some dinner invitations to your veggie-loving friends because you are about to seriously impress them with these innovative plant-based takes on Mexican classics! • Christine Elise, American television and film actress, author of the food blog Delightful-Delicious-Delovely • If you talk about Mexican food most people would think "oh yes! Let's eat meat!" • This book does a superb job proving them wrong. A book that mixes vegan and Mexican in the same dish is just a must have for any food and animal lover. • Pablo Azar, Mexican-American television actor, PETA member and spokesperson • Latin food is my favorite cuisine. So my palate is pretty picky when it comes to some of my favorite dishes, and I'm happy to report this cookbook absolutely nails them. You'll have the best time creating these delicious and easy-to-follow recipes, while also doing right by animals, the planet, and yourself! If you know anyone who balks at the thought of vegan food then you can feel free to smirk when you tell them everything they just devoured at your Latin-food dinner party was 100-percent animal-friendly. • Stephanie Beatriz, actress, Brooklyn 99 • Tortillas, tamales, tacos...who ever said healthy eating had to be boring? It's refreshing to see a chef re-imaging our favorite comfort foods to be enjoyed any day of the week as part of a wholesome diet. After all, who doesn't want to be able to enjoy Taco Tuesday without the guilt? • Adriana Martin, Celebrity Health & Lifestyle Expert, Author, Radio/TV Personality • I love the concept of this book! As an expert in holistic nutrition I'm always excited to find ways to transform food that I love into a healthier version and Mexican food is no exception, especially because it is my favorite! It's great to nourish our body with plant-based nutrition without giving up the flavor that makes our food unique. • Salud! • Vegan Mexican Cookbook is a must-have! • Ingrid Macher, Transformation Coach "Salud! has become a weekly staple at my house. Who can say "no" to delicious, plant-based Mexican food?" • David Coman-Hidy, Executive Director of The Humane League • Que rico! Eddie Garza offers a creative collection of nutritious options to redefine la cocina vegana: a vegan kitchen filled with wholesome ingredients and Mexican-inspired meals. With beautiful photography, clearly labeled recipes, and inspiring ways to incorporate healthful cuisine, • Salud! Vegan Mexican Cookbook is a delicious must-have staple in your plant-based recipe anthology. • Julieanna Hever, MS, RD, CPT, author of The Vegiterranean Diet and The Complete

Idiot's Guide to Plant-Based Nutrition and host of Z Living's What Would Julieanna Do?

Eddie Garza is Senior Manager of Food & Nutrition for the Humane Society of the United States and is a leading figure in the movement to reform food systems in Latino communities. He's a sought-after speaker, culinary coach, published writer, and thought leader on issues related to Latino health, and has lectured and presented at top universities, public school forums, and major conferences, including South by Southwest in Austin and ExpoSer in Mexico City.

YUM! My husband and I made the Spinach & Mushroom Enchiladas Verdes from this cookbook tonight, and they were amazing! Freshly-fried tortillas stuffed with cumin-spiced mushrooms, onions, and spinach, topped with cashew crema, salsa verde, and pickled red onions. I was trying to mark the pages of the recipes I want to try, and I've almost marked them all! I definitely recommend this book to anyone who loves Mexican food. I think I'll make the nachos next!

Love this cookbook!

Hands down the best vegan cookbook ever!

I love this book. So many great and authentic ideas.

Quantities are to large, other than than that, interesting.

Excellent cookbook and I enjoy to prepare the so clear and simplistic explanationLOVE IT

One of the best vegan cookbooks I've purchased in quite a while. Everything is delicious that I've made so far and I highly recommend it to anyone that is considering purchasing it.I

I love all the authentic recipes in this book. The book is worth buying for the cashew crema recipe alone. I could drink it from a straw.

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