



# **The Flexitarian Table: Inspired, Flexible Meals for Vegetarians, Meat Lovers, and Everyone in Between**

*Peter Berley*

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## **The Flexitarian Table: Inspired, Flexible Meals for Vegetarians, Meat Lovers, and Everyone in Between** Peter Berley

Now in paperback for the first time, stylish, seasonal menus to satisfy vegetarians and nonvegetarians simultaneously, by a winner of the James Beard Award and the IACP Award.

Today, more people than ever before are choosing to eat sustainably, electing to have vegetarian meals much of the time but sometimes small amounts of fish, chicken, and, more rarely, red meat. They're known as "flexitarians," a combination of the words "flexible" and "vegetarian."

*The Flexitarian Table* is full of exciting menus guaranteed to please them—and everyone else at the table—without stressing out the cook. Drawing from decades of experience as a personal chef and caterer, Peter Berley provides lots of "convertible" meals featuring vegetable and meat versions of the same dish that can be prepared simultaneously without extra trouble, like Crispy Pressed Tofu or Chicken with Garlic and Mint. Others are hearty vegetarian dishes that ensure no one will miss meat, such as Saffron Lasagna with Vegetables and Gruyère. Meals centering around fish or chicken come with vegetable sides that double as mains. An extra bonus of this inclusive book: All of the 150 dishes can be mixed and matched.

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