



## Teen Cuisine: New Vegetarian

*Matthew Locricchio*

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# Teen Cuisine: New Vegetarian

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**Teen Cuisine: New Vegetarian** Matthew Locricchio

**2013 International Association of Culinary Professionals Award Winner, Children, Youth and Family category**

Teens will celebrate all the great features in this exquisite cookbook that speaks directly to today's most popular eating trends.

## **Features:**

- 50 mouthwatering, original step-by-step recipes for all times of day arranged into sections such as “Smart Starts,” “Pasta and Polenta Perfects,” “Big Plates,” and “Just Desserts”
- Special sushi section
- “On Your Mark Get Set Cook!” popular recipe format with step-by-step drawings and photographs
- Chef's tips, safety section, cooking terms, and ingredient definitions
- Kitchen essentials and equipment
- Organic, local, nutritious ingredients for healthy eating.

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