



# Healthy Indian Vegetarian Cooking: Easy Recipes for the Hurry Home Cook

*Shubhra Ramineni*

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**Healthy Indian Vegetarian Cooking: Easy Recipes for the Hurry Home Cook Shubhra Ramineni**  
**Bring spice into your kitchen and happiness to your taste buds with this delightful Vegetarian Cookbook.**

When Shubhra Ramineni became a new mother she wanted to make sure that healthy and delicious food became a part of her daughter's everyday growing up experience. After all, her own mother is a nutritionist and a great Indian cook. So with her mother's help and a wealth of experience in using Indian spices, she set to work to transform the typically bland vegetarian diet into a fantastic menu of nutritious Indian meals and snacks.

In *Healthy Indian Vegetarian Cooking*, Shubhra shows how easy it is to make healthy and interesting vegetarian food, along with a selection of over vegan and gluten free dishes. Understanding that most of us work full-time, Shubhra has created a cookbook full of delicious, easy-to-make Indian meals and snacks that provide all the nutritional benefits your body (and family) needs. As an added bonus, by eating fresh, locally-grown vegetables you are doing something good for yourself and the planet!

## **Delicious Indian recipes include:**

- Split Chickpea and Zucchini Stew
- Coconut Vegetable Curry with Tofu
- Yellow Squash Curry
- Tandoori Tofu Kebabs
- Vegetable Pilaf
- Sauteed Potatoes with Cumin
- Spinach and Fenugreek Fritters

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