



Vegan Express

Nava Atlas

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From one of the most respected names in vegetarian cooking: a collection of creative, uncomplicated recipes for the new generation of vegans—and every cook who wants to introduce tasty, healthful dishes to everyday meals.

Nava Atlas, a committed vegan, offers a cookbook packed with recipes that can be prepared in thirty to forty-five minutes. Covering every course, *Vegan Express* presents appealing soups and stews like Udon Noodle Soup with Bok Choy and Shiitake Mushrooms; grain-and-bean-based recipes like Paella Vegetariana; Jambalaya Pasta and other noodle dishes; a wide variety of sandwiches, wraps, tortillas, pizzas, and main-course salads; and such delicious desserts as Caramel Pudding and Berry-Apple Skillet Crumble.

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