

Research Guides



VEGETARIAN & VEGAN

ADULT NONFICTION – 3RD FLOOR

The Mediterranean Vegan Kitchen – 641.5 Kle

With recipes for everything from nutritious appetizers to dairy-free desserts, this unique Mediterranean vegan cookbook is ideal for vegetarians, those with a lactose intolerance, and anyone who wants to make gloriously delicious dishes without meat, eggs, or dairy.

Cornelia Guest's Simple Pleasures: Healthy Seasonal Cooking... - 641.5636 Gue

The author shares the story of how she committed to vegan eating after her mother became ill, then offers recipes and entertaining ideas, including stuffed squash blossoms, raspberry muffins, and chilled asparagus soup.

Real Food, Really Fast: Delicious Plant-based Recipes Ready in 10 Minutes... – 641.5636 Kam

Offers clever tips and unique techniques to prepare really quick, whole food meals including Exploded Wonton Soup, Chile Relleno Rolls and Everything Bagel Salad as well as desserts like White Chocolate Peanut Butter Fudge and Mango Crème Brûlée,

Quick and Easy Vegan Bake Sale – 641.5636 Kel

Carla Kelly spills all her secrets on how to hold a great bake sale with crowd-pleasing treats that are easy to store, transport, and share.

The Yoga Kitchen: Over 100 Vegetarian Recipes... - 641.5636 Par

All the recipes are vegetarian and gluten-free, allowing you to improve your health, build your inner-core, increase your energy and support your spiritual development.

Afro-Vegan: Farm-fresh African, Caribbean & Southern Flavors Remixed – 641.5929 Ter

A groundbreaking cookbook from beloved chef-activist Bryant Terry, drawing from African, Afro-Caribbean, and Southern food to create over 100 enticing vegan dishes.

Fresh India: 130 Quick, Easy, and Delicious Vegetarian Recipes for Every Day – 541.5954 Sod

Whether you are vegetarian, want to eat more vegetables, or just want to make great, modern Indian food, this is the book for you.

FINDING BOOKS AND OTHER LIBRARY MATERIALS

Dewey Decimal browsing numbers: 613.262, 641.5636

In addition to reference books, you may want to search for other books and materials (videos, audiobooks, etc.) on your topic. You can access the Library catalog from the Library or from home by going to www.wppl.org. A good subject search is **vegan cooking, vegetarian cooking, and vegetarianism**.

EBOOKS

Visit **EBSCOhost** (www.wppl.org/research) or <https://wppl.overdrive.com> to search the thousands of eBooks the Library has to offer. Library card required. Contact an Adult Services Librarian for additional details.

ARTICLES

The following sources can be used to find magazine articles dealing with your topic:

- **EBSCOhost and General OneFile** - Access from the Library or at home using your library card number at www.wppl.org. Search for full-text articles in these online databases using your choice of keywords. You can limit the search to a certain year or even a certain magazine.

WEB SITES

Vegan Action: Offers tons of information on veganism and why to choose to be a vegan. It also provides recipes.

www.vegan.org

VegNews: Articles that are updated often with information on all aspects of being a vegan, not just eating vegan.

www.vegnews.com

TryVeg.com's Starter Guide: This website offers a guide that you can download for free with tons of helpful tips on becoming a vegan.

www.tryveg.com/literature/vegan-starter-guide

Happy Cow: A great way to find vegan and vegetarian restaurants in your areas or recipes to make at home.

www.happycow.net

101 Cookbooks: Beautiful pictures and tasty looking vegetarian recipes.

www.101cookbooks.com

Isa Chandra: Easy to navigate website with tons of recipes and simple instructions.

<http://www.isachandra.com/>

Vegan Richa's Recipes: Great archive of vegan recipes that are easy to search for anything you might want.

<https://www.veganricha.com/recipes>

For additional information, please see an Adult Services Librarian.