

The Vegetarian Reset: 75 Low-Carb, Plant-Forward Recipes from Around the World

Vasudha Viswanath

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Written in a welcoming tone, Vasudha Viswanath's cookbook *The Vegetarian Reset* shares fresh alternatives to vegetarian diet staples like "lab-grown burgers" and carbohydrate-laden pastas and rices. These "moderately low-carb" and "predominantly gluten-free" recipes stand to satisfy foodie palates and put the healthy vegetable factor back into vegetarian dishes.

Viswanath—a self-declared culinary tourist who enjoys discovering new recipes and adapting them to vegetarian tastes—shares creative and spicy recipes that represent a range of cultures. There are Indian, Middle Eastern, European, Asian, and Latin American flavors represented. Viswanath's South Indian Dosas can be served with Peanut-Garlic or Cilantro-Coconut chutneys. Inspired by a visit to the French Riviera, her intriguing Socca Pizza's chickpea-flour flatbread crust is topped with smoky eggplant, jalapenos, and mozzarella. And with her Vegetable Paella, she opts for chickpeas, olives, and artichoke hearts rather than meat and seafood; saffron-scented cauliflower rice is used instead of traditional grains.

The book also includes adaptations of Korean Bibimbap and a lemony North African-style tagine. There are classic salads like Caprese, Waldorf, and Russian Olivier, along with the simple yet vibrant Indonesian Gado-Gado platter. The Curried Bolognese swaps zucchini noodles for pasta, while lentils and mushrooms provide a robust base for the sauce. And Hazelnut Brownies and Mango Cheesecake Jars are among the dessert selections that utilize less sugar yet remain "craveable and satiating." Many of the dairy and egg-based recipes can be "veganized" with slight adjustments, just as the versatile Vegan Béchamel is a creamy addition to numerous dishes. Bright photographs, calorie counts, and helpful breakdowns of fat, carbohydrate, and protein contents round the book out.

The Vegetarian Reset takes a healthy, light approach to vegetarian cooking, sharing splendid, flavorful recipes that explore the diet's potential.

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