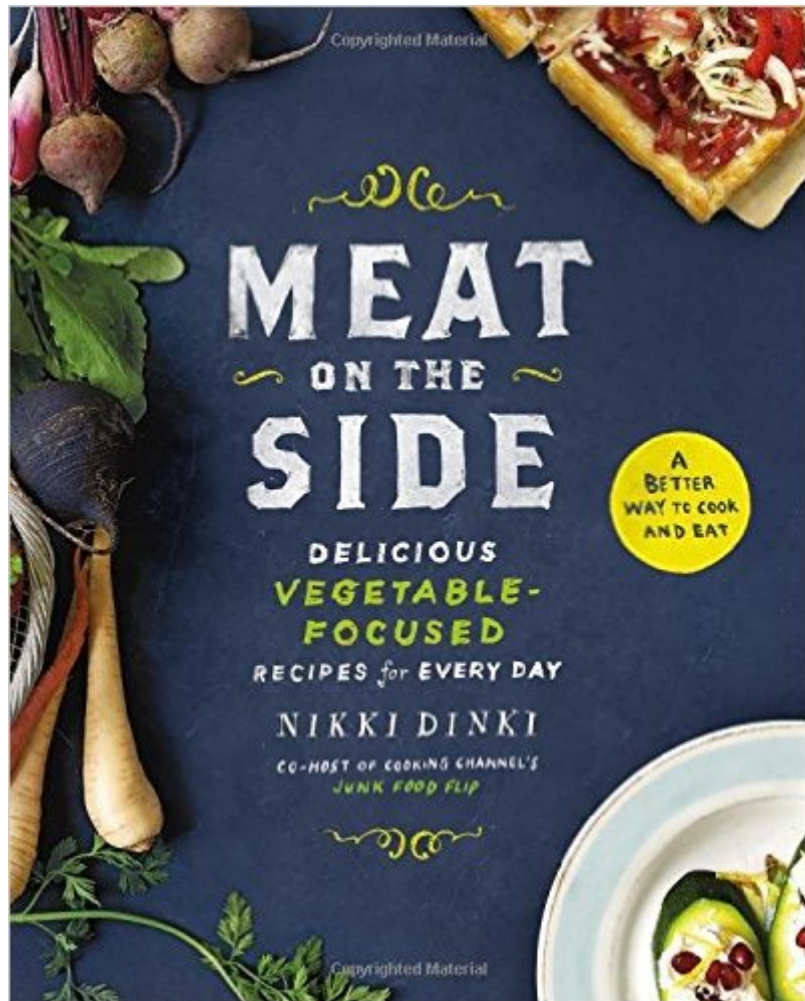


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# Meat On The Side: Delicious Vegetable-Focused Recipes For Every Day



## Synopsis

In a recent survey, over 22 million Americans identified their eating habits as "vegetarian-inclined." They haven't given up meat, but understand that we need to rethink the way we plan meals. These millions of people are always on the hunt for new, creative ways to work more of them into their diets. Food Network star Nikki Dinki is here to fill this need. She's not a vegetarian; she's not a vegan; Nikki is simply a great chef and healthy eater who plans her meals with the meat on the side! Inside are no fewer than 100 recipes to put meat in the passenger seat. You won't miss the beef in these Eggplant Meatballs; you'll marvel that pasta can be made from a parsnip using just a peeler; and you'll never want traditional nachos again after trying Nikki's Cabbage Nachos. Meat on the Side is for home cooks looking to make the shift to healthier, vegetable-focused meals; couples where one person is vegetarian and the other is not; vegetarians looking for new ways to eat vegetables; and for the family that wants unique recipes that are guaranteed to get their children to eat healthier.

## Book Information

Hardcover: 288 pages

Publisher: St. Martin's Griffin (June 7, 2016)

Language: English

ISBN-10: 1250067162

ISBN-13: 978-1250067166

Product Dimensions: 8.2 x 1 x 10.4 inches

Shipping Weight: 2.6 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars Â Â See all reviews Â (37 customer reviews)

Best Sellers Rank: #17,369 in Books (See Top 100 in Books) #13 in Â Books > Cookbooks, Food & Wine > Cooking by Ingredient > Meat & Game > Meats #31 in Â Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables

## Customer Reviews

Book is amazing!!!! pictures for every recipe as well as substitutions/lower calorie options as well. Such a great book and have a ton of recipes lined up to make. Very accessible cookbook with an emphasis on vegetables which I love. Love that the meat is only a side player. Stories for each recipe keep my attention and the pictures of both the recipes and life style are so pretty and intriguing. Such a good cookbook. BUY IT!!!!

I've been a fan of Nikki Dinki ever since I saw her on Food Network Star. As a personal trainer and yoga teacher, I have striven to incorporate more vegetables into my family's diet, with mixed results. I was thrilled to see Nikki's cookbook published, and bought a copy right away. The recipes are easy to follow, contain ingredients that are attainable at my local grocery, and above all, taste great! Three-onion rice with BBQ broccoli & chicken, parsnips "pasta" with pesto, stuffed spaghetti squash with tiny chicken meatballs, and buffalo cauliflower all won rave reviews from my hubby, who is happy to forgo his habitual meat for vegetables that taste great. He's also lost 3 pounds since we started this six days ago! Thanks, Nikki!

I am SO excited about this book!!!! I am not very creative with my veggies, and I'm thrilled with the idea that I can get in so many vegetables in so many different and yummy ways!! Definitely pick this up - I think you'll convince even the pickiest eaters (ie my 2-year-old and my husband ;) to eat their veggies!

I was so excited when this book arrived!! The first thing I noticed is just how BEAUTIFUL it is! As a bibliophile, I am in love with the endpapers, the layouts, the fonts, everything! And then there's the main part--the AMAZING recipes! I love Nikki's "voice" that comes through in each of her creations--I almost feel like she's right there in my kitchen with me. Her spirit, creativity, and love of cooking shines through the pages--and is completely apparent in the flavors of the foods presented in the book. I've made quite a few of these recipes already and not only has each concoction been delicious, but the directions have been easy to follow. I've also learned quite a bit about ingredients I've never used before! Thank you for presenting us with such an amazing vegetable-focused book!PS, My kids are also huge fans of many of these recipes--and it's not easy to please those two! :)

Amazing cookbook. Easy to follow simple recipes. Great for the beginner to the expert chef. I barely know how to cook and this cook book helps me make fancy meals without the confusion and terminology. The ingredients are easy to find in any local grocery store. Easy to read. Delicious recipes. Amazing book I would recommend it to everyone

I wish I had noticed that the recipes do not have nutritional calculations. This means total calories fat carbohydrates fiber protein, etc. in this day and age of nutritional awareness it seems that this author would have included this information.I would not have purchased if I had noticed this in

reviewing the pages.

I won this cookbook in a giveaway from St. Martin's Press and here is my honest review: This cookbook is perfect for people who aren't necessarily vegetarians but are looking to incorporate more vegetables and fruits into their diet. While many of the recipes include meat, it isn't the star ingredient of the dish. Nikki Dinki, co-host of the Cooking Channel's Junk Food Flip and past contestant on Food Network Star, is a former picky eater. As an adult she developed a passion for cooking and a love of vegetables. The Introduction gives some background info on Nikki's life and her cooking philosophy. The book is chock full of tips on how to make the meals more family friendly or how to add or eliminate the meat ingredients in a recipe. There are also recipes that are labeled if they contain less than 500 calories. And there are plenty of photographs of the food which surprisingly is sometimes lacking in other cookbooks. I found plenty of recipes that I am interested in trying out such as Broccoli + Feta Dip, Tarragon + Golden Raisin Coleslaw, Eggplant "Meatballs", and Sweet Potato Pie Topped with Pears, Blue Cheese + Skirt Steak. The recipes don't sound too challenging so I think anyone with a basic understanding of how to cook will do just fine with this book. Overall, I am very happy with the quality of this cookbook and will recommend it to anyone wanting to eat a little less meat in their diet and more vegetables.

This is an amazing cookbook. The recipes are clearly defined, and I love how Nikki provides multiple ways to adapt the recipes and also groups recipes together based on vegetable in the inserts. The layout made sense and, unlike most cookbooks I own, the introduction and recipe descriptions are amazingly well written. Nikki is so personable, I felt like I was sitting down to a cup of coffee with her. This is definitely the first time I've sat down to read a cookbook front to back. Since buying this book I've been cooking healthier and saving money on groceries. I recommend this to EVERYONE!

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