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Vegetarian Cooking is Fantastic

It is not true that vegetarian cooking is nutritionally inferior to meat eating. There are millions of people who have tried vegetarian cookery and appreciated just how good it tastes. Happily, vegetarian diets have not been kept secret, and are available to all who want to try them.

The variety of vegetarian cooking is fantastic. Vegetarian cookery is such a wide subject that you must study what is suited to particular meals. Trends come and go, but vegetarian recipes are not new and have stood the test of time.

Present day chefs don't always concentrate their ideas on what is best for you to eat! An unreasonable amount of the recommendations of fashionable chefs and cooks seems more inclined towards obesity than health. It often seems as if vegetarian cookery is taboo to some celebrity chefs, which is disappointing.

There are many advantages to be obtained from vegetarian cooking. Meat scares from intensive farming have been all too frequent. Dreadful diseases have resulted from controversial and highly questionable farming methods. Why didn't anyone



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understand that giving cows food, partly manufactured from dead animals, would create terrible health problems? Nobody could be sure that similar events could not arise again.

Lots of farm animals are treated with antibiotics that find their way into the food chain. If more people utilized vegetarian cooking the welfare of animals could improve dramatically. So, more vegetarians equals less cruelty to animals, and a better way of co-existing.

Vegetarian cookery is simple to learn, but it is so rewarding. People who think it would be hard to become vegetarian, should take it gradually, and go without meat for increasingly extended periods, as they appreciate the benefits. Eating meat is a bit like any other bad habit you think you can't stop, until you actually succeed. It's never too late to begin anything new, but vegetarianism is not new, it's just deliciously healthy!

A natural health lifestyle, with vegetarian cooking, is a superb way of avoiding many of the health risks associated with contemporary living. There is no doubt that vegetarian cooking is beneficial to mankind, and is of invaluable assistance to the animal kingdom at large.

Richard Wise writes articles on natural health, aromatherapy, herbal remedies, antioxidants, allergies and vegetarianism. If

Recipes from The Weekend Chef (<http://theweekendchef.com>)



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you require further information about vegetarianism, please visit his web site <http://www.vegetarianisonline.com> which includes information concerning vegetarian cookery and related vegetarian matters.

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