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## Vegetarian Cookbooks

This is a list of vegetarian cookbooks I have read and used over the years. I find my learning to cook vegetarian and vegan food made me a more creative and versatile cook. I can grab random, fresh, local, seasonal produce out of the refrigerator and create delicious meals without recipes. It is a playful, fun & creative process, much like art work to an artist. My canvas is the kitchen and food is my medium to create with.

Moosewood Cookbook, the original one! ISBN # 0 913668 68 0

Vegan Nutrition Pure and Simple, Michael Klaper, MD

Fruit for All Seasons, Jennene Plummer

Field of Greens, Annie Somerville

Simply Vegan, Debra Wasserman

The Gradual Vegetarian, Lisa Tracy

The Green Door Restaurant, located in Ottawa!

Uprisings, The Whole Grain Baker's Book

Home Bakebook of Natural Breads & Goodies, Sandra & Bruce Sandler

Home Gardener's Month By Month Cookbook, Marjorie Page Blanchard

From Asparagus to Zucchini, Madison Area CSA Coalition

Recipes from the Root Cellar, Andrea Chesman

This list is by no means exhaustive of the wonderful vegetarian cookbooks out there. I have used Chinese, Thai, Indian, Native American, African, Southern American.... the list goes on & on. Each one I read (yes, like a novel) adds more color to my artistic cooking palette.

If the recipes in my cookbooks include things like refined flours and sugars, I just replace them with whole food options. I would be happy to share whole food knowledge.

The more versatile you become with cooking, the tastier and entertaining your meals become.

Have fun creatively cooking, Paula