



## EAT YOUR LEGUMES

Eve-Lyne Auger

Wonderful plant proteins that are economical, nutritious, and versatile, legumes can be transformed into delicious dishes!

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At a time when grocery bills are rising and eating meat is an environmental issue, many people are turning to legumes. The reason is that in addition to being economical, eco-friendly, and nutritious, peas, chickpeas, peanuts, black-eyed peas, lupini beans, navy beans, lentils, edamame and their derivatives offer infinite possibilities for savoury and sweet dishes.

Using an understanding and flexible approach, Eve-Lyne Auger invites readers to [re]discover legumes. Eve-Lyne's easy and original recipes show that legumes can be appetizing and delicious, and that their versatility and ease of use make them indispensable kitchen ingredients. Whether for breakfast, lunch, a snack, a before-dinner bite, or dinner, readers will enjoy reacquainting themselves with these amazing vegetable proteins and incorporating them more often into their diet.

Tofu bacon, vegan pâtés, crunchy lupinis, falafels, Mediterranean chickpea bowls, pasta with silken tofu Alfredo sauce, lentil tacos, all-dressed nachos, triple-chocolate black bean muffins, white bean mousse with white chocolate, raspberries and pistachios. No doubt about it: readers won't be able to resist!

## STRONG POINTS

- Promotes a wide variety of vegetable proteins and their derivatives (tofu, seitan, tempeh, TVP).
- Simple, quick, economical recipes that are entirely vegetarian and/or vegan.
- Colourful, tempting photos.
- Useful information for learning about legumes and working them easily into your menu.
- Cooking table for various legumes and a table showing equivalents between dried and canned legumes.
- Storage and anti-waste tips.

**Subjects:** legumes, recipes, tips

*Passionate about vegetarian cuisine and everything related to nutrition and the environment, Eve-Lyne Auger is the founder and editor-in-chief of La Fraîche, a vegetarian web magazine read by a community of over 20,000 internet users. She is also the author of the book La Fraîche: Mon récit culinaire en plus de 50 recettes. Naturally curious, a self-taught chef, and a caterer and content developer since 2016, she devotes herself heart and soul to culinary creation for the sheer fun of it. As a vegetarian pursuing a balanced lifestyle, she enjoys passing on her knowledge, her experiments, and what she's learned along the way in order to make intuitive vegetarian cuisine accessible to everyone.*