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# Meatless Eats: Savory Vegetarian Dishes from Around the World

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Originating from Instructables, a popular project-based community made up of all sorts of characters with wacky hobbies and a desire to pass on their wisdom to others, *Meatless Eats* is made up of recipes from a cast of cooks who demonstrate their culinary savvy and flavor combinations.

*Meatless Eats* gives full step-by-step instructions for creating delicious vegetarian dishes that even die-hard carnivores will crave. Written by cooks who can’t get enough of veggies, each recipe contains pictures for an easy follow-along guide, even for those who spend little to no time in the kitchen. Discover your inner vegetarian with these mouthwatering recipes:

- Eggplant Parmesan
- Veggie Mexican Lasagna
- Portobello Mushrooms with Grilled Feta Burger
- Scrumptious Caponata
- Tomato Frittata
- Fiery Pumpkin Samosas
- Vegetarian Mushroom Gravy
- And much more!

The Instructables community offers a great mixture of tastes and cuisines. Italian, Mexican, American, and more will appease any picky eater as well as provide for those who are willing to try just about anything.

*Meatless Eats* will have you swearing by your healthy lifestyle, even if it’s only for a single meal.

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