



## More Easy Beans: Quick and tasty bean, pea and lentil recipes

*Trish Ross*

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More Easy Beans is a cookbook with great recipes for beans, peas and lentils. Mouth watering, inexpensive, low fat recipes for appetizers, soups, salads and main dishes are all quick and easy to prepare. Because of the continuing research and an information explosion, there is now more emphasis on legumes as an important food source. The updated Food Pyramids are recommending a daily serving of beans, peas and lentils because beans are an excellent source of protein, are high in fiber, low in fat and rich in minerals and vitamins. The growing interest in bean cuisine and the delicious recipes in More Easy Beans make it easy to plunge into bean cookery.

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