



Blue Moon Vegetarian: Reflections, Recipes, and Advice for a Plant-Based Diet

Paula Marie Coomer

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Paula Marie Coomer started 2010 as a vegetarian. And she hasn't gone back since.

Are you a vegetarian? Want to become one but don't know the next step? Or do you just want to expand your culinary horizons?

When literary author and former nurse Paula Marie Coomer discovered she was headed toward health problems, she knew she had to make a change in her life. As 2010 approached, she made her decision: she would take back control of her health and start the New Year as a vegetarian.

As the year progressed, Paula and her fiancé Phil started losing weight, feeling better, and saving money on food, all while planning their wedding and dealing with life's everyday joys and struggles.

In *Blue Moon Vegetarian*, Paula shares her personal journey to vegetarianism in a conversational and inspirational manner that's like sitting down for tea with your closest friend.

Follow her story and learn:

- Tips and guidance for starting and living life as a vegetarian
- Affordable ways to get the ingredients you need
- Over 50 simple and satisfying recipes
- Nutritional tips to boost energy, fight sickness, and make you feel great

Trying life as a vegetarian doesn't have to be hard. *Blue Moon Vegetarian* will spur you to action; follow Paula's journey and take the next step toward a new and improved you.

Recipes featured in *Blue Moon Vegetarian* include:

Main Dishes

Baby Lentil Stew

East Meets West Burritos

Eggless in Clarkston

Five Beans

Neat Loaf

Oatmeal/Cottage Cheese Burgers

Oatmeal-Walnut Burger

Oatmeal-Walnut Loaf

Paula's Lasagna Al Forno

Phil's Fabulous Three-Bean Nachos

Phil's West Texas Greek Company Supper

Red-Hot Four-Star Two-Bean Burritos

Spicy Chili Bean Stew

Spicy Goulash

Spring Fever
Tesla's Rice

Side Dishes, Soups, and Breads

Garden Lentil Soup
Garlic-Thyme Farm Cheese
Grandma's Pan Bread
Great (E)scape Vichyssoise
Grilled Vegetable Polou
Herbed French Lentil Soup
Hot Tomato-Basil Casserole
Icebox Soup
Kentucky Potato Salad for a Crowd
Phil's Famous Baked Beans
Phil's Hot-and-Spicy Stir-Fried Green Beans
Sweet Lentil Polou
Three-Bean Cheesy Spoonbread

Breakfast


Brunch Florentine
Paula's Version of the World's Best Granola
Phil's Mellow Yellow Scramble
Phil's Pepper-Onion-Garlic-Cheese Omelet
Skillet Cakes

Lunch

Bloodroot Stew With Grilled Sunflower Sandwiches
Five Bean Sandwich Spread
Mighty Fine Taco Salad
Phil's Daily Hemp Shake
Phil's Vegetable Roll-ups

Dessert and Snacks

Agave Caramel Corn
Banana-Peach Crunch
Elegant Dessert Gorp
Maui Mix
Next Stop Nirvana
Protein Balls
Pumpkin Pudding

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