

Big Veg Energy: Plant-Based Just Got Better

Christina Soteriou

Joe Woodhouse, Photographer

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Chef and holistic nutritionist Christina Soteriou's cookbook *Big Veg Energy* draws on her Greek Cypriot heritage to bring an eclectic, international vibe to vegan cuisine.

The book begins by tackling some of the obstacles people often confront when considering a vegan diet, from confusion about where to buy (and how to use) unfamiliar ingredients to concerns that a whole-food, plant-based vegan diet will leave them hungry and deficient in necessary vitamins and minerals. Also tackled are concerns that vegan eating is too expensive, that soy is harmful, and that plant-based diets harm the environment. The book dispels such myths, backing up its assertions with research studies and evidence of everyday people and top athletes thriving on vegan diets.

Created to feel indulgent as well as being highly nutritious, the flavorful recipes run the gamut from enticing tapas to meals, snacks, and appetizers. There are balanced platter-sized meals, cozy bowls, baking-dish-sized creations to satisfy a family, tempting desserts, and a variety of innovative condiments that can take a meal from good to great. Included are recipes for Miso Quinoa Beet Burgers, Panisse-Style Chickpea Tofu with Hot Maple Syrup, Spicy Mushroom Skewers with Peanut Lime Sauce, Miso Eggplant on Herby Rice Noodles, Green Coconut Noodle Soup, Chocolate Tart with Salted Oat Base, and Roasted Pears with Chai Custard.

The book is colorful and attractive, and its preparation instructions are clear and easy to follow, and suggestions are given for possible ingredient substitutions. Practical money-saving tips are given, such as preventing waste by labeling stored items with contents and dates, and a conversion table and helpful instructions for storing fresh produce are included.

Big Veg Energy is an appealing cookbook that takes a practical, adventurous approach to healthful, nutritious, and delicious vegan cuisine.

KRISTINE MORRIS (January / February 2025)

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