

HEARTY 30-MINUTE MAINS PACKED WITH WHOLE GRAINS

VEGETARIAN TIMES APRIL/MAY 2015 CREAMY PASTAS WITHOUT THE CREAM | FARMERS' MARKET FEAST | EAT TO BEAT INFLAMMATION

vegetarian times

EAT GREEN • LIVE WELL

light spring DINNERS

27

DELICIOUSLY EASY SEASONAL RECIPES

CREAMY PASTAS WITHOUT THE CREAM

HOW TO EAT TO BEAT INFLAMMATION

NO-FUSS ENTERTAINING FARMERS' MARKET MENU



Giovanni Purifying Facial Scrub
(\$9.95/4 oz.;
giovannicosmetics.com)

Sha
Cha
(\$3
sha

vegetariantimes.com

APRIL/MAY 2015

\$4.99US \$6.99CAN



Display until May 11, 2015

GREEN PASTA
PRIMAVERA,
p. 38