

# New Vegetarian Cookbook Challenges Old Myth

KAHULUI, Hawaii – July 19 (SEND2PRESS NEWSWIRE) – A newly released vegetarian cookbook is challenging the old myth that vegetarian food is not as tasty or filling as dishes prepared with meat or animal products. “The Maui Vegetarian – Cooking with Aloha,” by Brian Igarta, is breaking new ground by proving that vegetarian dishes are exciting and flavorful enough to stimulate the taste buds of even the most staunch meat-eater. The self-published book is breaking new ground in other ways also: the demand for the book is so high that it will not stay on the shelves of the bookstores that carry it.



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“When those who are trying to be more health-conscious taste the recipes in the book, they’re sold on a meatless diet,” says Susan Johnson, spokesperson for a non-denominational Christian ministry and health advocacy group. She claims that by providing viable culinary alternatives, people will avoid the pitfalls of the average American diet. “Books like the Maui Vegetarian provide the impetus to make changes in our beliefs about eating and get back on the right [Biblical] track,” says Johnson.

Brian Igarta, the book’s author, finds that he is quite busy these days doing cooking demonstrations for those eager to find new and healthy recipes. “People really want to get a look at how to prepare wholesome dishes,” says

Igarta. "It is a blessing for me, because I am not only showing them how to make interesting meals, but how to live in accordance with Biblical principles. Too many people are suffering with entirely preventable diseases. The Bible offers great insight into how we should be eating to live longer healthier lives."

The Maui Vegetarian is unique in that it combines the flavors and styles of cooking indigenous to the Hawaiian Islands. This is no surprise, considering the diverse ethnicity of its author, which includes Chinese, Hawaiian, Filipino, Portuguese and Puerto Rican ancestry. Igarta was born in Hawaii and attended Maui Community College's Culinary Program. Now, with more than 19 years of culinary experience, he has cooked his way into the hearts of many who enjoy the delectable dishes found in The Maui Vegetarian. And he has done it with Aloha – the Hawaiian word for love.

For more information on "The Maui Vegetarian – Cooking With Aloha," along with health and vegetarian cooking, visit [www.themauivegetarian.com](http://www.themauivegetarian.com)

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