

( [PRLEAP.COM](http://PRLEAP.COM) ) "Semi-Homemade Vegetarian Cooking," a new book by Robin Colleen McCrary, has been released by Dorrance Publishing Co., Inc.

Over 30 years ago, Robin McClary made a choice to not eat animal products. She made a choice to change her life by changing the way she ate. She grew up on farms, so naturally, she loved fresh vegetables. When she was young, meals were prepared at home, every day, using fresh produce picked out of the garden. This instilled within her, a love for cooking fresh meals. She grew up eating traditional meals with meat, but never liked the taste of meat.

At the age of 21, Robin made a life changing decision to stop eating meat, which was based on ethical reasons and learning to eat healthier. Her primary reasoning for this decision, was in reaction to the cruelty to animals in industrial factory farming, battery caged animals, the torture and cruelty to animals used in entertainment, and the reality that animals are bred and sold for profit in massive numbers.

Though not a trained chef, Robin McClary has a passion for cooking and experimenting with flavors. She has been testing meatless products for over ten years, and has learned to prepare delicious meals without meat-even with the recipes she grew up on and we are all familiar with. "Semi-Homemade Vegetarian Cooking" is a product of these years of kitchen tests and experiments.

Robin McClary has been a Wildlife Rehabilitator for 17 years and volunteers with agencies, helping to rescue abused animals from danger (i.e. puppy farms), and she volunteers for the National Disaster Response Team, which responds to natural disasters and the displacement of animals.

"Semi-Homemade Vegetarian Cooking" is a 112-page paperback with a retail price of \$24.00. The ISBN is 978-1-4809-0148-3. It was published by Dorrance Publishing Co., Inc of Pittsburgh, Pennsylvania. For more information, or to request a review copy, please go to our virtual pressroom at [www.dorrancepressroom.com](http://www.dorrancepressroom.com) or our online bookstore at [www.dorrancebookstore.com](http://www.dorrancebookstore.com)