

America's Test Kitchen Introduces *The New Vegetarian*
A Bold Collection of 500+ Recipes That Redefine Vegetarian Cooking Today

BOSTON, MA (May 6, 2026) – America's Test Kitchen (ATK), a pioneering brand in culinary media, today announced the release of *The New Vegetarian: 500+ Recipes for a Lifetime of Great Meals*, a next-generation vegetarian cookbook that reimagines what it means to cook and eat without meat. The new title builds on ATK's legacy of trusted, rigorously tested recipes while bringing a fresh, modern perspective to vegetable-forward cooking.

Featuring more than 300 inventive, weeknight-friendly recipes ready in one hour or less, and 636 total recipes overall, *The New Vegetarian* offers a comprehensive collection of vibrant, satisfying dishes designed for every meal, every occasion, and every kind of cook. From stunning vegetable centerpieces and hearty grain bowls to burgers, noodles, savory tarts, and globally inspired dishes, the book puts vegetables and plant-based proteins firmly at the center of the plate.

Recipes showcase how vegetarian cooking has evolved since ATK published its first vegetarian cookbook, a *New York Times* bestseller, eleven years ago—becoming more creative, more flavorful, and more globally inspired than ever before.

“Vegetarian cooking today looks very different than it did even a decade ago,” says Dan Souza, Chief Content Officer at America's Test Kitchen. “With *The New Vegetarian*, we wanted to capture that evolution, bringing bold flavors, smart techniques, and exciting new ways to think about vegetables so that anyone, whether they're vegetarian or not, can cook meatless meals that feel abundant and satisfying.”

Recipes showcase the versatility and depth of plant-based cooking across a wide range of cuisines and techniques. Dishes like Mushroom Bourguignon transform a French classic into a rich, meatless braise, while Curry Roasted Cabbage Wedges with Chickpeas turn a humble vegetable into a satisfying main. Corn Risotto uses kernels in multiple ways for maximum flavor and silkiness, and Chipotle Lentil–Stuffed Sweet Potatoes deliver bold, smoky comfort with pantry-friendly ingredients.

Perfect for lifelong vegetarians, those looking to reduce their meat consumption, or anyone seeking fresh inspiration in the kitchen, *The New Vegetarian* offers everything home cooks need to create flavorful, satisfying meals every day.

Book Highlights:

Inclusive and versatile:

Featuring over 200 vegan recipes, and over 300 gluten-free recipes, *The New Vegetarian* offers recipes that suit a wide range of dietary needs without sacrificing flavor, creativity, or satisfaction.

Convenient and approachable:

Over 300 inventive recipes than can be made in 1 hour or less, helping at-home cooks get dinner on the table fast.

Comprehensive guidance for everyday cooking:

An in-depth introduction covering meal planning, pantry building, vegetable prep, preserving produce, how to freestyle a great meal, and menu suggestions.

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About America's Test Kitchen

The mission of America's Test Kitchen (ATK) is to empower and inspire confidence, community, and creativity in the kitchen. Founded in 1992, the company is the leading multimedia cooking resource serving millions of fans with TV shows (*America's Test Kitchen*, *Cook's Country*, and *America's Test Kitchen: The Next Generation*), a magazine (*Cook's Illustrated*), cookbooks, Netflix vodcasts (*I Changed My Mind with Dan Souza*, *The Side Dish with Bridget Lancaster and Julia Collin Davison*, and *In The Test Kitchen with Lan Lam, Bryan Roof, Lidey Heuck, and Nik Sharma*), FAST channels, short-form video series, and the ATK Essential subscription for digital content. Located in a state-of-the-art, 15,000-square-foot test kitchen in Boston's Seaport District, ATK has earned the trust of home cooks and culinary experts alike thanks to its one-of-a-kind processes and best-in-class techniques. Fifty full-time test cooks, editors, and product testers spend their days refining recipes, equipment, ingredients, and techniques to deliver reliable results. Learn more at <https://www.americastestkitchen.com/>