

# 2023-2024 TTC Catalog

## CUL 242 Vegetarian and Vegan Cuisine

Lec: 2.0 Lab: 3.0 Credit: 3.0

This course is the study of vegetarian and vegan cuisines. Students will prepare recipes and develop menus that represent specific dietary requirements of these cuisines to include lacto, lacto-ovo, micro- and macrobiotic. Natural dietary supplements are included as part of a healthy eating regimen that excludes animal proteins.

### **Prerequisite**

CUL 112

### **Course Offered**

Fall

### **Grade Type**

Letter Grade

### **Division**

Culinary Institute of Charleston