Japanese vegetarians campaign for Tokyo's 50,000 restaurants to offer more vegetarian options. The Vegetarian Resource Group, a group of Japanese vegetarians, is petitioning the government to encourage restaurants to add more vegetarian dishes to their menus. The goal is to increase the number of vegetarian options available to vegetarians in Japan.

Japanese vegetarian cooking is known for its simplicity and focus on fresh, seasonal ingredients. It is influenced by the Buddhist tradition of shōnin cuisine, which is based on the use of vegetables, tofu, and other plant-based foods. However, it also incorporates elements of other traditional Japanese cuisines, such as kaiseki and shojin ryori.

One of the most popular dishes in Japanese vegetarian cuisine is miso soup, made with soybean paste and a variety of vegetables. This dish is often served as a primer for the meal, and is said to bring good luck to the eater. Other popular dishes include sushi, sashimi, and vegetable tempura.

Japanese vegetarian cooking is also known for its emphasis on balance and harmony. Vegetables are often cooked with a variety of seasonings, such as soy sauce, mirin, and sugar, to create a rich, flavorful dish that is both healthy and delicious.

In conclusion, Japanese vegetarian cooking is a diverse and flavorful cuisine that is based on the use of fresh, seasonal ingredients. It is influenced by a variety of traditions, but is known for its simplicity and focus on balance and harmony. With its emphasis on fresh, healthy ingredients, Japanese vegetarian cooking is an excellent choice for those who are looking to reduce their meat consumption or maintain a vegetarian lifestyle.