



Best of Vegetarian Cooking

Lynn Bedford Hall

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The best of vegetarian cooking guide includes a range of main course meals that are delicious and practical. The emphasis is naturally on whole food, but it is not a diet guide, or a slimming guide, or a budget guide, or a guide that prescribes a certain way of eating. Rather, The best of vegetarian cooking provides more than 130 tasty alternatives to fish and meat. There is a wealth of exciting new eating experiences to be found between the pages of this guide, which deserves a place in the kitchen of every creative and health conscious cook.

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