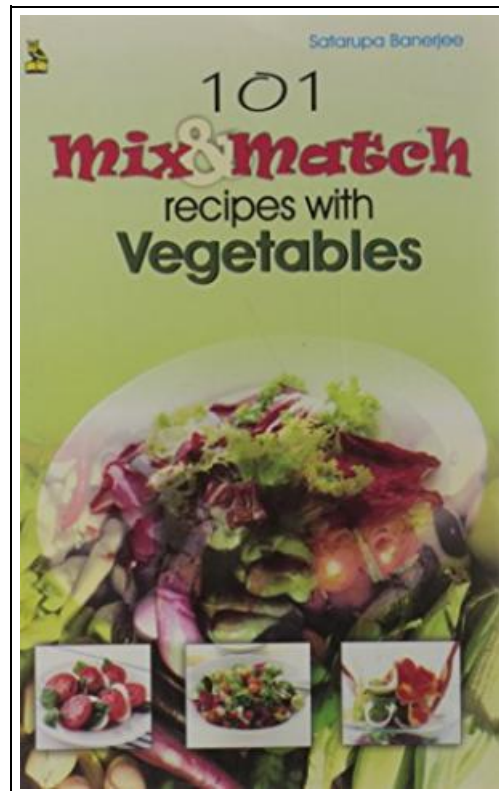


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101 MIX AND MATCH RECIPES WITH VEGETABLES



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Pustak Mahal, 2001. Softcover. Book Condition: New. Want to prepare a light and delicious dish in a hurry? Try some vegetable recipes! Vegetables do not take a long time and effort to prepare, but certainly add a lot to a meal -- flavour, texture and colour, not to mention a healthy dose of vitamins and minerals. No matter what the occasion, you could try a variety of recipes from here --some using fresh vegetables, and others with fish, chicken and eggs to make protein-complete diets. There are some purely vegetarian dishes, too. A glimpse: *Soups: Borsch, French Country, Green Coconut & Chicken, Rich Corn, Tomato Sour. *Rice: Cauliflower Risi Bisi, Polynesian, Vangi Bhat, Kathal ki Biryani, Ring Pulao. In addition you have here a long list of non-vegetarian, and vegetarian dishes- *rotis and breads *snacks *salads *chutneys *pickles *Chinese dishes *desserts. Also included is a glossary of food and cooking terms and medicinal properties of vegetables. Printed Pages: 144.

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