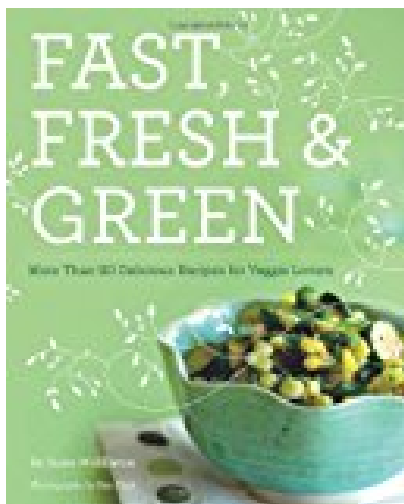


Fast Fresh & Green



BOOK DETAILS

- Author : Susie Middleton
- Pages : 224 Pages
- Publisher : Chronicle Books
- Language : English
- ISBN : 0811865665

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BOOK SYNOPSIS

This new bible for all things vegetable from Fine Cookings Vegetable Queen is ideal for the millions of eaters who want to get the recommended five to nine servings of fruits and greens into their daily diet. Susie Middleton shares her love of healthful, delicious veggies with a guide to shopping for and cooking delectable meatless meals, including such delights as Spinach with Shallots and Parmigiano and Roasted Eggplant, Bell Pepper, and Fresh Basil Salad. More than 100 recipes for appetizers, snacks, entrees, and side dishes, many of them vegan, make Fast, Fresh & Green an excellent resource for vegetarians and omnivores.

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