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THE 15-MINUTE VEGETARIAN GOURMET : More Than 100 Succulent & Healthy Meat-Free Dishes

By Mitchell, Paulette

Collier/Macmillan, New York, NY, 1992. Soft Cover. Book Condition: NEW. Barbara Fiore; Mary Garrity (Illustrators) (illustrator). First Edition, 6th Printing. BRAND NEW COPY. Well regarded vegetarian cuisine requiring but 15-minutes "from scratch", that is kitchen, to table. Recipes are meatless, and will enhance and complements meals of non-vegetarians as well. Text, illustrated with line drawings, in 9 chapters: 1, The Vegetarian Cook; 2, Basics; 3, Appetizers; 4, Soups; 5, Salads; 6, Entrees; 7, Deserts; 8, The Vegetarian Entertainer; and 9, How to Plan a Vegetarian Meal.



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