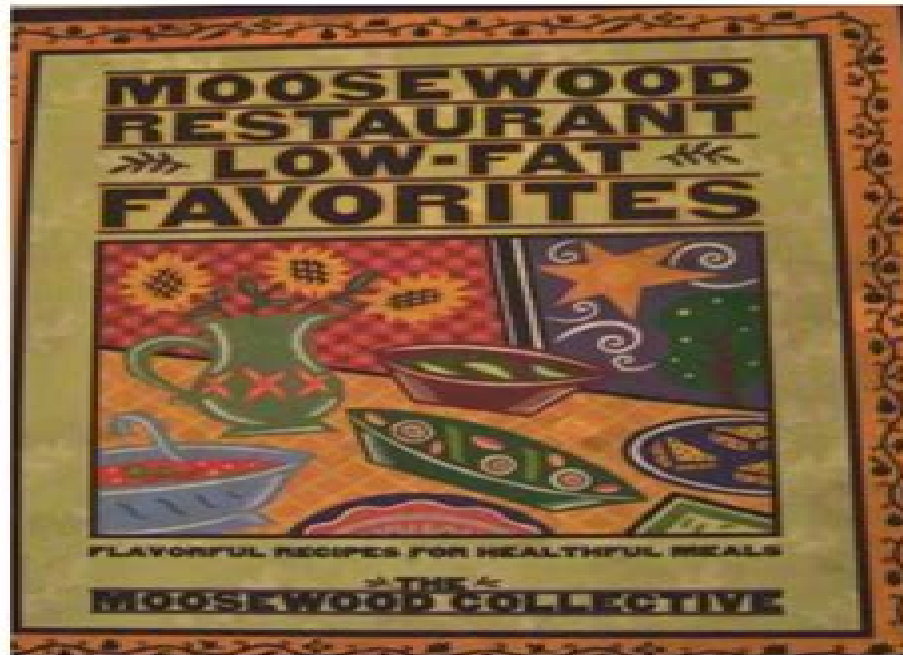


Moosewood Restaurant Low-Fat Favorites: Flavorful Recipes for Healthful Meals



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This is the low-fat book cooks who care about wholesome, vegetarian-inspired food have been waiting for, with more than 280 recipes that are as delicious and trustworthy as those in the Moosewood Collective's previous books. With fourteen chapters, ranging from savory soups and main course salads to creative side dishes and aromatic Mediterranean and Asian-inspired dishes, fat will not be missed in mouthwatering recipes like Guacamole with Asparagus, Chinese Orzo Vegetable Salad, Spring

Low Fat Favorites

B Lingard



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