



# Italian Vegetarian Cooking: In a Nutshell (In a Nutshell (Element))

*Anne Sheasby*

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**Italian Vegetarian Cooking: In a Nutshell (In a Nutshell (Element))** Anne Sheasby

Fresh vegetables have always been the conerstone of Italian regional cooking, and the Mediterranean diet of Southern Italy is a balanced and nutritious one. Includes recipes combining the freshest ingredients for nutrition, flavor, and texture.

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