



The Essential Vegetarian Cookbook: Your Guide to the Best Foods on Earth: What to Eat, Where to Get It, How to Prepare It

Diana Shaw

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The author of *Almost Vegetarian* presents the one book that full-time and part-time vegetarians need on their shelves--a book that contains more than 600 contemporary low-fat recipes and invaluable nutritional and culinary information about the vegetarian way of life. 500 line drawings.

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