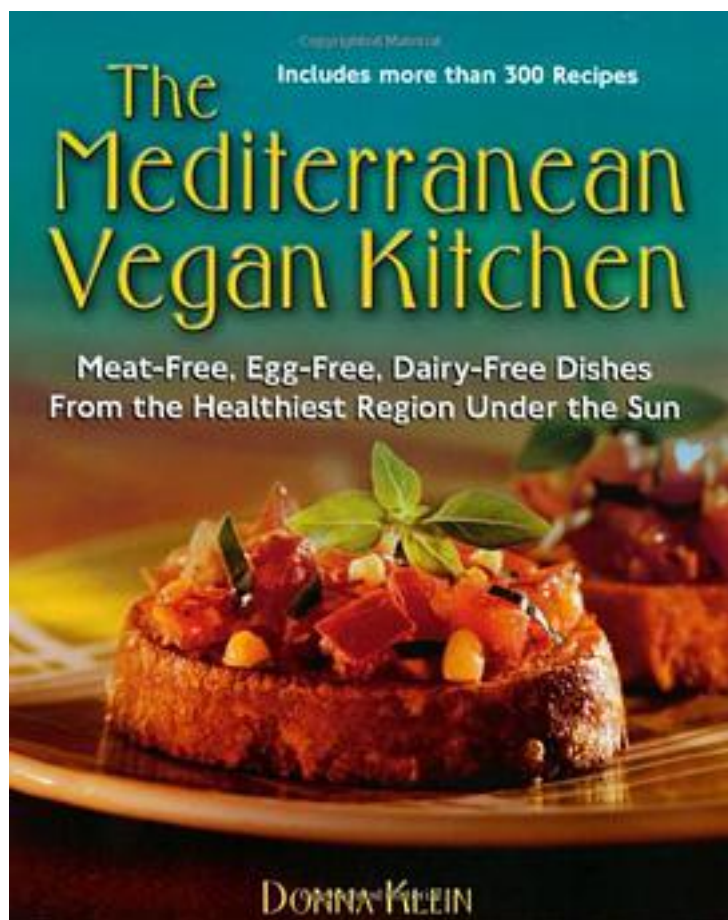


The Mediterranean Vegan Kitchen



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著者:Klein, Donna

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After years of research, scientists declared that the Mediterranean diet was the best one for overall good health-and the exciting news was that it tasted great, too.

With recipes for everything from nutritious appetizers to dairy-free desserts, this unique

Mediterranean vegan cookbook is ideal for vegetarians, those with a lactose intolerance, and anyone who wants to make gloriously delicious dishes without meat, eggs, or dairy. Dishes include:

¥ Sicilian Eggplant Relish

¥ Catalan Grilled Vegetables with Almond Sauce

¥ Classic Italian Minestrone

¥ Moroccan Fresh Tomato Salad

¥ Black Olive Bread

¥ Zucchini-Lemon Couscous

¥ Greek Currant Cake

¥ Braised Pears in Red Wine

¥ and more

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