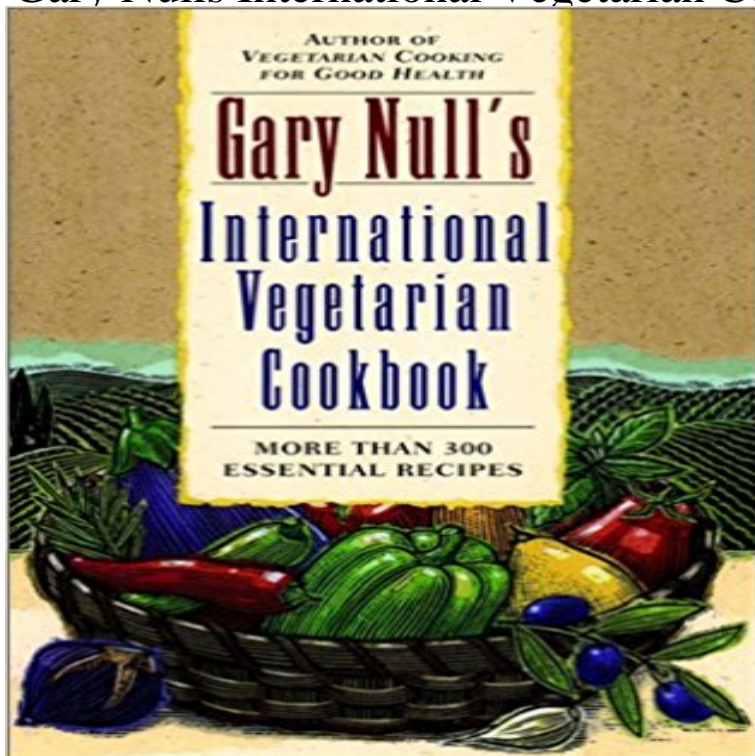


Gary Nulls International Vegetarian Cookbook



Travel Around the World in 180 Inspired Vegetarian Recipes! Every country in the world has a tradition of vegetarian cooking. Gary Null, one of Americas most popular authors of vegetarian cookbooks and an authority on nutrition, brings the flavors of the world to the vegetarian kitchen. These classic recipes will add sparkle to the diets of long-time vegetarians and will entice budding vegetarians with their vibrant tastes, accessible instructions, and healthful ingredients. These are just some of the delicious dishes. Olive and Rice Salad from Greece Potato Dumplings and Stuffed Cabbage from Hungary Indonesian Hot Peanut Dipping Sauce Minestrone and Lasagna from Italy Jamaican Bammie Cakes Black Bean Soup from Mexico Borscht from Poland Roasted Red Peppers from Spain Organized by course and with an index of recipes by country, the book is easy to use. The recipes, in addition to being vegetarian (although some contain optional fish), are low in salt, fat, and cholesterol. Gary Nulls International Vegetarian Cookbook is an essential for fans of Gary Null and all cooks who want to be able to prepare nutritious, tasty vegetarian dishes in little time with little fuss. Visit us on-line at <http://www.mgr.com>

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