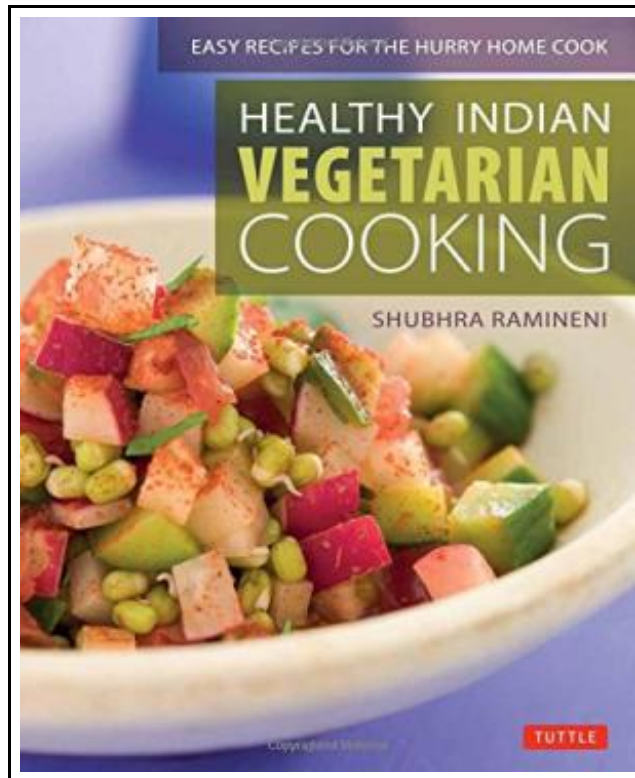


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Tuttle Publishing. Paperback. Book Condition: New. Paperback. 128 pages. Dimensions: 10.4in. x 8.5in. x 0.6in. Bring spice into your kitchen and happiness to your taste buds with Healthy Indian Vegetarian Cooking! Learning new and palate-pleasing ways to incorporate vegetarian meals into your daily schedule can be a chore. In her new book, acclaimed author and caterer Shubhra Ramineni shows how easy it is to make healthy and interesting vegetarian food, along with a selection of vegan and gluten free dishes. Understanding that most of us work full-time, Shubhra has created a cookbook full of delicious, easy-to-make meals and snacks that provide all the nutritional benefits your body (and family) needs. As an added bonus, by eating fresh, locally-grown vegetables you are doing something good for yourself and the planet! With a few spices in your pantry, like turmeric, cardamom and cumin, and a copy of Healthy Indian Vegetarian Cooking, you can easily whip up flavorful dishes you and your family will love! Recipes include: Split Chickpea and Zucchini Stew Coconut Vegetable Curry with Tofu Tandoori Tofu Kebabs Vegetable Pilaf This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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