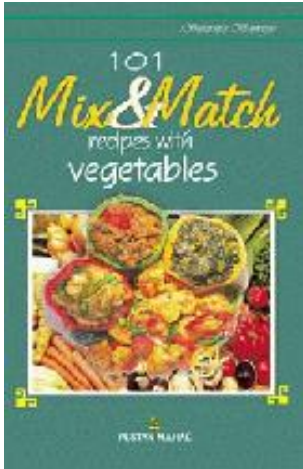




## 101 Mix & Match Recipes With Vegetables



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Want to prepare a light and delicious dish in a hurry? Try some vegetable recipes!

Vegetables do not take a long time and effort to prepare, but certainly add a lot to a meal -- flavour, texture and colour, not to mention a healthy dose of vitamins and minerals.

No matter what the occasion, you could try a variety of recipes from here --some using fresh vegetables, and others with fish, chicken and eggs to make protein-complete diets.

There are some purely vegetarian dishes, too.

A glimpse:

\*Soups: Borsch, French Country, Green Coconut & Chicken, Rich Corn, Tomato Sour.

\*Rice: Cauliflower Risi Bisi, Polynesian, Vangi Bhat, Kathal ki Biryani, Ring Pulao.

In addition you have here a long list of non-vegetarian, and vegetarian dishes-

\*rotis and breads \*snacks \*salads

\*chutneys \*pickles \*Chinese dishes \*desserts.

Also included is a glossary of food and cooking terms and medicinal properties of vegetables.

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