



Friendly Foods (Gourmet Vegetarian Cuisine)

Ron Picarski

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Franciscan monk, Brother Ron Picarski calls whole grains, vegetables, legumes, sea vegetables, and various other foods "friendly foods," because they do not bear the high environmental, economic, and nutritional costs of meat and processed foods. This new cookbook has 300 recipes that do not use meat, eggs, or dairy products--for the ghealth-conscious cooks of the '90s.

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