



## Nettie's Vegetarian Kitchen

By Nettie Cronish

Second Story Press. Paperback. Book Condition: new. BRAND NEW, Nettie's Vegetarian Kitchen, Nettie Cronish, You can have fun and eat well with vegetarian food, says popular chef and cooking instructor Nettie Cronish. She pairs fast, easy-to-use ingredients with simple cooking instructions that emphasise the use of fresh herbs, vegetables and fruits in the preparation of appetisers, salads, dressings, soups, main courses and desserts. Test her Tofu Cream Cheese Spread right now! "Nettie's Vegetarian Kitchen" is full of useful information including a glossary, how to set up a natural foods kitchen and information on ingredients and cooking methods. A nutritional analysis accompanies each recipe providing accurate calories, protein, fat and carbohydrate amounts per serving.

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