



## A Vegetarian s Guide to Eating Italian: 25 Mouth Watering Vegetarian Italian Recipes (Paperback)

By Monica Young

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Mom Always Said, Eat Your Vegetables Mom always said we need to eat our vegetables. I m sure many of us remember staring down a piece of broccoli on our plates, hoping it would just go away so we could get to dessert. Well, if you re not a kid any more, you know that Mom was right. We DO need to eat our vegetables and lots of them to maintain good health. The question is how do we cook these vegetables in a variety of ways so it doesn t get boring? If you re like me, you like Italian cooking. It s delicious and healthy, and never gets boring. Would you like to try some Parmesan Broccoli Fettuccini or Spinach Lasagna? Inside you will find my Italian Vegetable Recipe favorites . ENJOY!!



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