



## Healthy Eating - Introduction to Vegetables (Paperback)

By John Davidson, Dweep J Singh

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Healthy Eating - Introduction to Vegetables Table of Contents INTRODUCTION TO VEGETABLES INTRODUCTION VEGETABLE CUISINE IN ASIA INDIGENOUS VEGETABLES CABBAGES AND POTATOES POTATO ROSTI VEGETABLE-BASED DISHES IN EUROPE WHY COOK VEGETABLES IN SLICES LEAF WRAPPED FOODS TRADITIONAL CABBAGE ROLLS SAUERKRAUT KIMCHI-OR FERMENTED RADISH/CABBAGE ARTICHOKE CHOOSING AND EATING ARTICHOKE WHITE SAUCE FOR ARTICHOKE PEAS TRADITIONAL PEAS PUDDING DOLMA SAUTE FENNEL CONCLUSION AUTHOR BIO PUBLISHER Introduction Someone once asked me whether I was a vegetarian, and when I said that I had tried vegetarianism for about five years, she asked me whether I found some improvement in my health. And even my mental and spiritual behavior and outlook? As she is a strict vegetarian, and is rather fanatical about promoting vegetarianism in her circle. She was a bit disappointed when I said, well, I can take it or leave it, and I did not find any great change in health, when I was a vegetarian, and then one fine day I decided to go back to my state of omnivorous grazing, which included everything from vegetables, roots, bark, leaves to...



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