



# Simply Vegetarian

*Sue Spitler*

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## **Simply Vegetarian** Sue Spitler

More than 100 vegetarian entrees can be prepared with little effort or expertise. A special "VegExpress" chapter provides ultra-quick dishes that can be made in 20 minutes or less. Each recipe contains nutritional information, with symbols to classify vegan, lacto-vegetarian, ovo-vegetarian, or lacto-ovo vegetarian.

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