



# The Accidental Vegan

*Devra Gartenstein*

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## **The Accidental Vegan** Devra Gartenstein

Vegetarian and ethnic dishes have made their way into mainstream American kitchens. From Thai noodles to Greek tahini sauce, these recipes are easy to create and require little prep time. Gartenstein offers ideas about low-fat cooking, how to shop for exotic ingredients, and healthy ingredient substitutions.

*From the Trade Paperback edition.*

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