



Salads for all occasions

Vijaya Hiremath

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SALADS for all occasions presents unique recipes which individually constitute a full vegetarian salad meal. Using raw vegetables, sprouts and fruits, each recipe is so designed as to enhance the natural flavour of the ingredients. A dietitian has specially compiled nutritive values for each recipe which are spelt out in a chart. In addition to salads, the book contains recipes for dressings, raitas, chutneys and dry masalas using herbs and vegetarian ingredients. This is indeed a new and varied vista to vegetarian cuisine.

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