



Good Housekeeping 400 Calorie Vegetarian: Easy Mix-and-Match Recipes for a Skinnier You! (Good Housekeeping Cookbooks)

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A vegetarian diet can keep us healthy—but can it also keep us slim and trim while tasting great and filling our tummies? Absolutely. The delicious dishes in *400 Calorie Vegetarian* will please your palate as well as your waistline. Dig in and savor a Chiles Rellenos Casserole, Butternut Squash and Sage Lasagna, and Winter Vegetable Chowder. And don't forget a sweet and fruity dessert—you won't even have to feel a little guilty! An icon throughout indicates vegan dishes.

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