



# Great American Vegetarian: Traditional and Regional Recipes for the Enlightened Cook

*Nava Atlas*

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# **Great American Vegetarian: Traditional and Regional Recipes for the Enlightened Cook**

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**Great American Vegetarian: Traditional and Regional Recipes for the Enlightened Cook** Nava Atlas  
This charming vegetarian cookbook is chock-full of delicious recipes and sprinkled with bits of historical lore and literary references. The classic dishes found within focus on farm fresh ingredients and traditional flavors updated with a healthy twist.



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