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Americans identified their eating habits as "vegetarian-inclined." They haven't given up meat, but understand that we need to rethink the way we plan meals.

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Title: Meat on the Side Author: Nikki Dinki ISBN: 978-1-250-06716-6 Publisher: St. Martin's Press. Meat on the Side - Delicious Vegetable Focused Recipes for Every Day is a hardcover cookbook by author Nikki Dinki, co-host of the Cooking Channel's Junk Food Flip. The book teaches you a better way to cook and eat!

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MEAT ON THE SIDE: DELICIOUS VEGETABLE-FOCUSED RECIPES FOR EVERY DAY by Nikki Dinki a Cookbooks book ISBN-1250067162 ISBN13-9781250067166 with cover, excerpt, author notes, review link, and availability. Buy a copy today!

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MEAT ON THE SIDE: DELICIOUS VEGETABLE-FOCUSED RECIPES FOR ...

Title: Meat On The Side: Delicious Vegetable-focused Recipes For Every Day Format: Hardcover Product dimensions: 288 pages, 10.41 X 8.21 X 0.99 in Shipping dimensions: 288 pages, 10.41 X 8.21 X 0.99 in Published: December 30, 2019 Publisher: St. Martin's Publishing Group Language: English

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Title: Meat on the Side: Delicious Vegetable-Focused Recipes for Every Day Autor: Nikki Dinki Pages: 288 Publisher (Publication Date):St. Martin's Griffin (June 7, 2016) Language: English ISBN-10: 1250067162 Download File Format: EPUB In a recent survey, over 22 million Americans identified their eating habits as "vegetarian-inclined." They haven't given up meat, but understand that we ...

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Rustic and saucy, mushrooms Bordelaise makes a delicious accompaniment to a steak dinner. You will use both the mushroom caps and stems for this recipe, which calls for pan-sauteing the vegetables in butter and olive oil with some parsley and garlic for seasoning. Serve atop the meat, or plated on the side. 03 of 23

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Meat on the Side is for home cooks looking to make the shift to healthier, vegetable-focused meals; couples where one person is vegetarian and the other is not; vegetarians looking for new ways to eat vegetables; and for the family that wants unique recipes that are guaranteed to get their children to eat healthier.

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