



51 Non-Vegetarian Recipes

By Nita Mehta

SNAB/Nita Mehta Publications, 2010. Paperback. Book Condition: New. Meat, fish and chicken are excellent sources of quality protein. They also supply appreciable amounts of minerals, calcium, iron and phosphorus and the B complex vitamins. Meat, fish and poultry may be served as soups, appetizers, curries, kebabs, bakes and pies. The recipes include 51 non-vegetarian recipes from all over the world ? Indian, Thai, Italian, Chinese, Mexican, Mediterranean and Continental cooking. Printed Pages: 124.



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