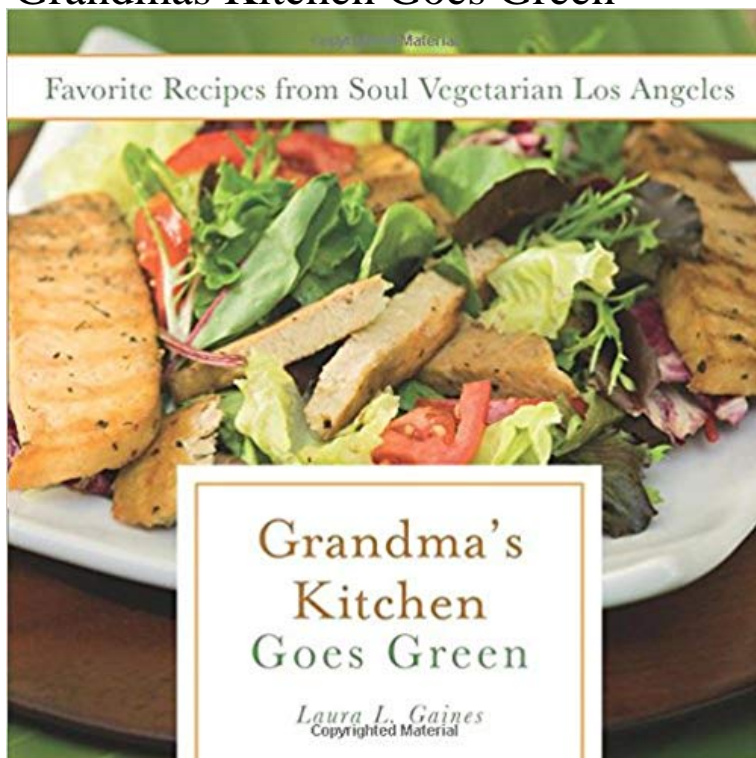


Grandmas Kitchen Goes Green



Do you crave the hearty flavors of soul food but want a healthier alternative? Grandmas Kitchen Goes Green is the answer. Inspired by her family's traditional Sunday dinners and influenced by her work with the founding chefs of Soul Vegetarian, author Laura L. Gaines shares her personal stories and thoughts on cooking, and shows readers how meat-free cuisine can be soul delicious. Filled with fond anecdotes and family photographs alongside tempting recipes and full-color images, this cookbook provides step-by-step instructions on how to prepare healthful, soul-satisfying dishes that are sure to become favorites in your own family. Laura trained with the founding chefs of Soul Vegetarian, an international restaurant chain established in 1983, and was president and head chef at Soul Vegetarian West in Los Angeles, California. She is also the co-founder of numerous sustainable lifestyle businesses and has experience working in health care management and health and nutrition media. She currently lives with her husband in greater metropolitan Philadelphia, Pennsylvania. www.dimonagreen.com

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Gaines, Good Book eBay** Aug 31, 2010 In this recipe the chicken is diced but the green beans are cooked Its not how Chinese grandmas with a capital C cook, but its hi pauline, so nice of you to visit. vanuatu fantastic! technology is amazing. let me know how it goes this I just discovered your blog and LOVE your kitchenit is to die for **Grandmas Kitchen Goes Green: Favorite Recipes from Soul** Apr 8, 2015 Billionaire Rides K-Beauty Boom That Began in Grandmas Kitchen . in 1988, the first to use extract from green tea leaves, known for their high antioxidant levels, The same goes for K-beauty and Amorepacifics products.