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Get Your Yum On: Internet Resources « Vegetarian Culinarian January 26, 2011 at 6:27 pm [â€¦] Nava Atlas Vegan Recipes â€œ Nava Atlas has written several cookbooks and articles about vegetarian and vegan cooking.

Vegetarian and Vegan Recipes Galore - vegkitchen.com

About Us. Since 1996, Insalataâ€™s has brought the warm spirit of the Mediterranean to Marin County. As an integral part of the community, our bib gourmand-awarded restaurant has become a place for every occasion, including once-in-a-lifetime celebrations (in the private Siena Room or via catering) and busy weeknight dinners (from the takeout counter).

Insalatas: Mediterranean Cuisine

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"Hummus" comes from the Arabic word meaning "chickpeas", and the complete name of the prepared spread in Arabic is á¸¸ummuá¸£ bi á¸¸-aá¸¸á¸¸na which means "chickpeas with tahini".. Spelling of the word in English can be inconsistent. " Hummus" is the most common spelling in both American and British English.

Hummus - Wikipedia

A legume (/ ˈ ɛ ˌ ɪ ˌ j u ː m, ɪ ˈ ɛ ˌ ɪ ˌ j u ː m /) is a plant in the family Fabaceae (or Leguminosae), or the fruit or seed of such a plant (also called pulse).Legumes are grown agriculturally, primarily for human consumption, for livestock forage and silage, and as soil-enhancing green manure.Well-known legumes include alfalfa, clover, peas, chickpeas, lentils, lupin bean, mesquite, carob ...

Legume - Wikipedia

The design of the stone huts was a health hazard. The stone dwelling had two levels with holes in the second floor and the roof to serve as a smoke vent for the fire pit in the middle of the ground level.

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A dense Dark Chocolate Fig Cake made with fresh figs from Linda's Italian Table.

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