

**FOWL & SEAFOOD RECIPES - A COOKBOOK WITHOUT
RED MEAT**

Mary Colyer

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By making just a few easy adjustments, her recipes can be served either with or without poultry, fish, or meat. The recipes in The With or Without Meat Cookbook .

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Adrian Web's leftover turkey curry with rice and naan bread A tasty alternative recipe to use up leftover Christmas turkey. We send good emails. Why Wait!

Therefore you need to emphasize low-fat and nonfat, or skimmed, milk products. If you don't have the time to make the hummus and tahini from scratch, store-bought spreads will taste just as good. The Armchair James Beard.

The only book you'll ever need on the topic. The easy but richly spiced recipe tastes and feels so much like cream cheese that you can even use it on toast.