

# 0 CALORIE COOKBOOK FOR VEGETARIANS

Racheal F. Sjodin

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Firm, ripe tomatoes will perform best—giving off some, but not too much, juice as the sandwich grills. Be sure to press and drain as much liquid as possible before cooking the tofu; it will better absorb the spices from the dry rub and reach its full grilling potential.

Can't-Believe-It's-Vegan Chili Packed with kale, beans and an assortment of

Fortunately, there's an easier way to go about the math than tracking down nutritional info and logging every bite: Great care has been taken to ensure that while the recipes are low calorie, their taste does not suffer.

It's the perfect binder for the lemon dressing. There's a problem loading the  
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