



Turkish Diet: Amazing Healthy Vegan Turkish Recipes for New Beginners: Turkish Diet, Turkish Recipes, Vegan Turkish, Vegan Recipes, Healthy Turkish (Paperback)

By Alara Amir

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Turkish Diet: Amazing Healthy Vegan Turkish Recipes For New Beginners Only few people know that Turkey is the vegetarians paradise. Turkish cuisine includes appetizers, salads, soups and main-dishes that are made mainly from the fresh and seasonal vegetables, leaves, herbs, legumes and beans. Turkish-people cherish fresh vegetable-dishes which are simply braised or cooked in their juices, doused by olive-oil and served cool. In Turkish, this whole group of dishes is known as zeytinyagllilar (zay-TIN yah-LUH -lar), that means those with olive-oil. Serving one or more of these vegan recipes is very common with almost each and every meal.

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