



From the Tables of Lebanon: Traditional Vegetarian Cuisine (Healthy World Cuisine)

Dalal A. Holmin, Maher A. Abbas

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The cuisine of Lebanon is one of the most diverse in the world. With its unique landscapes, from Mediterranean beaches to mountainous pine forests, a wide range of foods are grown to supply the bounty for Lebanese tables. Much of the best of Lebanese cuisine is vegetarian, and since the use of olive oil is so extensive, it is one of the most heart-healthy, cancer-preventing vegetarian diets known.

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