



# The Good-for-You Garlic Cookbook

*Linda Ferrari*

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## **The Good-for-You Garlic Cookbook** Linda Ferrari

These good-for-you recipes avoid the fat-laden dishes that too frequently characterize garlic fare, adding low-calorie nourishment to the other health benefits of "the stinking rose." Dishes include Chicken-Black Bean Burritos, Focaccia, and Vegetable Torta.

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