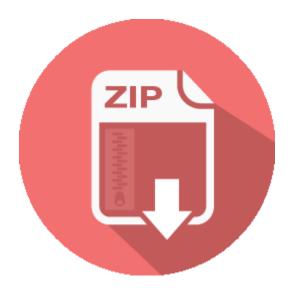
QUICK HEALTHY VEGETARIAN RECIPES



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Quick and Easy Vegetarian Recipes Cooking Light

The ingredients might sound like they'd clash when combined, but this recipe proves that spicy, sweet, and savory go great together. The tangy mango moderates the hot pepper while perking up the beans, and avocado adds creamy texture and healthy fats. Add another layer of flavor by serving with sour cream or your favorite salsa or guacamole for dipping.

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Healthy eating doesn't have to be flavourless and boring as this mouth-watering list of healthy vegetarian recipes from Jamie Oliver certainly proves!

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The Best Healthy Vegetarian Pasta Recipes

Since this recipe begins with a box of mac and cheese, it may not exactly fit into the "healthy vegetarian," but it turns what is usually an un-nutritious dish into one that has quite a bit of protein due to the added tofu. This recipe is kicked up a notch with the flavors of the southwest, but it's still familiar enough that even the pickiest of vegetarian kids will enjoy it.

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