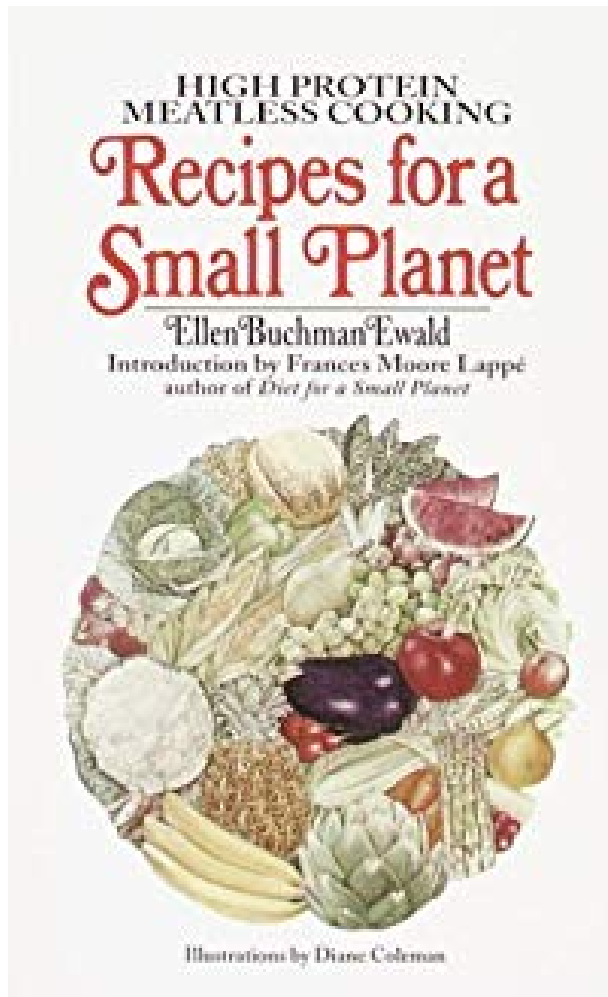


Recipes for a Small Planet



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Features numerous casserole, bread, salad, cereal, and other recipes in which complete proteins are formed by combining the proper ratios of legumes, seeds, grains, and dairy products.