

**Recipe- Whole Wheat Steamed  
Vegetable Momos Dim sum  
Wonton Dumplings**

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**Recipe- Vegetarian quick and  
easy Mushroom Spinach Risotto  
Rice**

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**Recipe- Corn Spinach Curry**

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**Recipe- Stuffed Spinach  
Mushroom**

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# **Recipe - Cream Of Spinach Pizza**