



# Vegetables Accidentally: healthier...but none the wiser

*Merrin McGregor*

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**Vegetables Accidentally: healthier...but none the wiser** Merrin McGregor

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*It's easy: Just cook 'Accidentally'!*

A cookbook with 100+ secret recipes sure to inspire the kitchen con artist in you and (shh...) slyly enhance the health and well-being of those you love, and love to cook for!

**PSST...pass it on!**

- Over 100 easy recipes for family meals and casual entertaining (not vegetarian)
- Readily available ingredients and standard, cup-based measurements
- Fruit and veggie 'cup counts' with every recipe
- Based on the USDA MyPlate guidelines for healthy eating
- Filled with quirky facts, helpful hints and accidental humor

Shh...you'll be cooking up tasty tricks by the cupful!

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