



Delicious Jamaica: Vegetarian Cuisine (Healthy World Cuisine)

Yvonne McCalla Sobers

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Jamaica has been a melting pot of many cultural influences including the Africans, Spanish, English, Indians, Asians and Arawaks (native inhabitants pre-Columbus). Out of a diverse mix of foods, spices, and cultures has come this wonderful array of tempting dishes as lively as the people of Jamaica themselves.

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