

# **20 Minutes To Dinner: Quick, Low-Fat, Low-Calorie, Vegetarian Meals By Bryanna Clark Grogan**

**By Bryanna Clark Grogan**

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used as a substitute for rice. 4 cups water 5 cups chopped romaine lettuce 3 tablespoons chopped fresh cilantro 2 cups Low-Fat Guacamole 12 flour tortillas 2

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