

**Recipe- Baked Rice with  
mushroom spinach sauce**

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**Recipe- Creamy and spicy  
Black eyed bean/ Lobia Salad**

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**Recipe- Baked Vegetable Pasta  
(in White Sauce)**

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**Recipe- Sliced Baked Potato**

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**Recipe -  
Calzone**

**Healthy**

**Spinach**