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classienu Eating While “#Sheltered-in-Place:

Here’s the “Nutritional Wonder Bowl”: Fried Cabbage w/Multi-Color Peppers, Onions and Carrots. This spicy, quick and economical dish is loaded with benefits. The vegetables in the recipe combine to fight cancer, boost immune systems, help control weight, prevent heart disease and lower high blood pressure. Believe it or not, they also contribute to eye health, and aid in hair growth! Why isn’t it on your table?

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