



Jamaican Recipes

Jackie Swansen

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*** The Ultimate Jamaican Recipe Guide ***

The foods of Jamaica are an exotic departure from the standard American fare. They also happen to be good for your waistline. Whether you're enjoying a plate of fragrant, spicy jerked meat, a sizzling fish steak, a vegetarian bean and rice stew, or one of Jamaica's alluring tropical fruits and vegetables, you'll be eating something as good for your health as it is for your taste buds. We have collected the most delicious and best selling recipes from around the world. Enjoy!

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