

Example Of A Functional Food

Thirumalaisamy P. Velavancorresponding

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it can get pretty taxing on your kitchen

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425 f and line a baking sheet with

parchment paper or nonstick aluminum

foil stretch out the puff pastry on the

lined baking sheet with a fork poke

small holes along the bottom add

onions and olive oil to a skillet over

medium heat sauté stirring frequently

until soft about 5 minutes