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Chef Marshall Chef Marshall's foray into cooking began at Whole Foods Market in Colleyville, Texas, where he learned the art of creating pizzas under the influence and guidance of Pizza Master, Vollero Mario. Chef Marshall continued to fuel his passion for food as he worked at a small family-owned Italian restau...

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fish, beans, whole grains, fruits, vegetables, small amounts of vegetable oil, and lots of herbs and spices for flavor. Most of all, these recipes are delicious.

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