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Sommario/riassunto	"Off the Eaten Path: Second Helpings takes you on the ultimate road trip and into some of the South's most tucked-away diners, drive-ins and dives with food critic and travel writer Morgan Murphy as he cruises the roads less traveled in 16 Southern states. More than a cookbook, Second Helpings charts the best Southern foods at off-road diners, roadside food stands, and independently owned restaurants from Texas and Appalachia to the Gulf and Atlantic Coasts, gathering up a bellyful of recipes, laughs, and Southern lore along the way."-- Amazon.