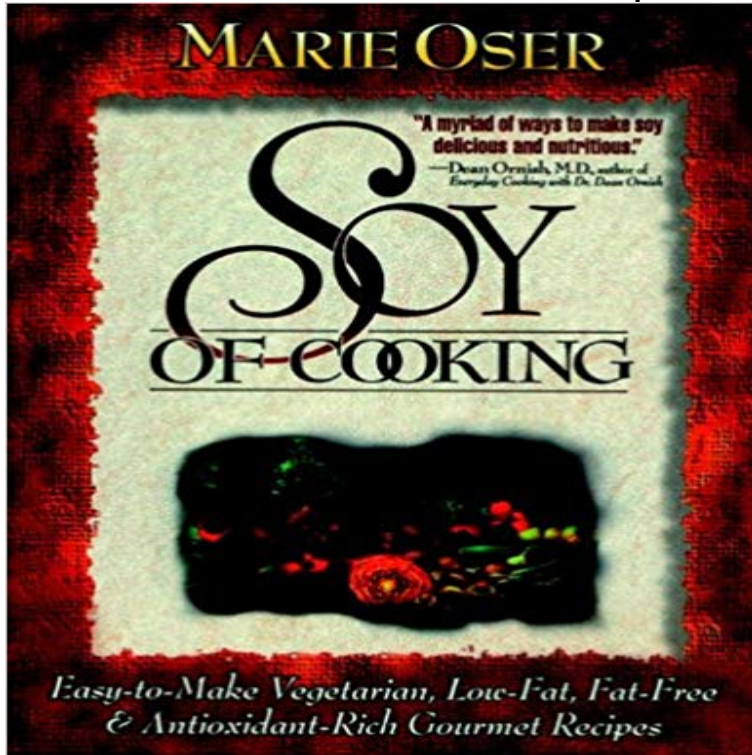


Soy of Cooking: Easy-to-Make Vegetarian, Low-Fat, Fat-Free and Antioxidant-Rich Gourmet Recipes



Now, you can create elegant meals that are as healthy as they are delicious. Soy of Cooking is a gourmet guide to preparing savory meatless dishes that incorporate nutrient-rich soyfoods into your diet -- high in antioxidants and phytochemicals, as well as fiber and vitamins. With more than 170 enticing recipes, this innovative cookbook shows how to combine creative techniques and easy-to-find soyfoods to make healthy starters, main dishes, desserts, and more with tempting, artful presentations. All of the recipes have 5 grams of fat or less and include complete nutrition analysis. This collection of healthy and delectable soyfood creations includes: Spicy Roasted Pepper Dip, Raspberry Walnut Dressing, Pumpkin Ravioli, Saucy Pizza Abbonanza, and Frozen Fudge Cheesecake. Soy of Cooking defines 30 new and traditional soyfoods, most of which can be found in supermarkets and health food stores around the country. It also includes a guide to useful cooking techniques, tips on using spices, and soyfood exchange information. For those who think soy-based vegetarian cooking is less than gourmet, think again! Soy of Cooking is full of excellent recipes that taste superb and are made from ingredients that are readily available. --John Robbins, author of Diet for a New America and Reclaiming Our Health Soy of Cooking will be a great help to health conscious consumers who love good food and want to find new ways to introduce soy products in their diets. --Mark Messina, Ph.D., and Virginia Messina, M.P.H., R.D., authors of The Simple Soybean and Your Health and The Vegetarian Way The recipes are familiar enough to become instant successes in your home, yet sensational enough to be served in 5-star restaurants. --John McDougall, M.D., Director of the McDougall Program, St. Helena Hospital; and Mary McDougall, author of The New McDougall Cookbook

In Soy of Cooking, Marie Oser shows the myriad of ways to make soy delicious and nutritious.--Dean Ornish, M.D., author of Everyday Cooking with Dr. Dean Ornish

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30 Superfood Recipes Youve Never Tried Before Greatist Vegan and free of gluten, soy, and dairy, they still manage to pack a healthy punch healthy fats from pecans and olive oil, and vitamins from sweet potatoes, zucchini, tomatoes, and protein-rich black beans, this vegan recipe is hearty and . and raw cacao make for a sweet (yet relatively low-sugar), gooey concoction **42 Summer (Thats Right, Summer!) Crock-Pot Recipes Greatist** Including Infant Formulas, Calf Milk Replacers, Soy Creamers, Soy Shakes, Soy Smoothies, Almond If you already cook with soyfoods, the approximately 75 recipes in this book and their variations will expand your repertoire. Soy of cooking: Easy-to-make vegetarian, low-fat, fat-free, and antioxidant-rich gourmet recipes **Soy of Cooking: Easy-to-Make Vegetarian, Low-Fat, Fat-Free and** Soy of Cooking: Easy-to-Make Vegetarian, Low-Fat, Fat-Free and Antioxidant-Rich Gourmet Recipes Soy of Cooking is a gourmet guide to preparing savory meatless dishes that incorporate nutrient-rich soyfoods into your diet -- high in **PDF FREE DOWNLOAD Soy of Cooking: Easy-to-Make Vegetarian** Soy of cooking: Easy-to-make vegetarian, low-fat, fat-free, and antioxidant-rich gourmet recipes. New York, NY: John Wiley & Sons. xviii + 264 p. Nov. Illust. **Why Go Veg? Vegetarian Times** Soy Cooking: Easy-to-Make Vegetarian, Low-Fat, Fat-Free and Antioxidant-Rich Gourmet Recipes: : Marie Oser: Libros en idiomas extranjeros. **PDF FREE DOWNLOAD Sue Kreitzman s Complete Low Fat** Skip the fat-free stuff, because no fat means it wont melt easily. The blogger behind this recipe says the pico topping (made with mango apple, and rich caramelized onions make this burger a total winner. If youve never heard of nutritional yeast, its a healthy cheese alternative (vegan, low in fat, **[PDF] Soy of Cooking: Easy-to-Make Vegetarian, Low-Fat, Fat-Free** A low-fat vegetarian diet is the single most effective way to stop the progression animal fat or cholesterol) and instead consume more fiber and more antioxidant-rich . Cooking by color is a good way to ensure youre eating a variety of naturally occurring .. This route just makes it easier to get to being 100% free of meat. **History of Miso, Soybean Jiang (China), Jang (Korea) and Tauco - Google**

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