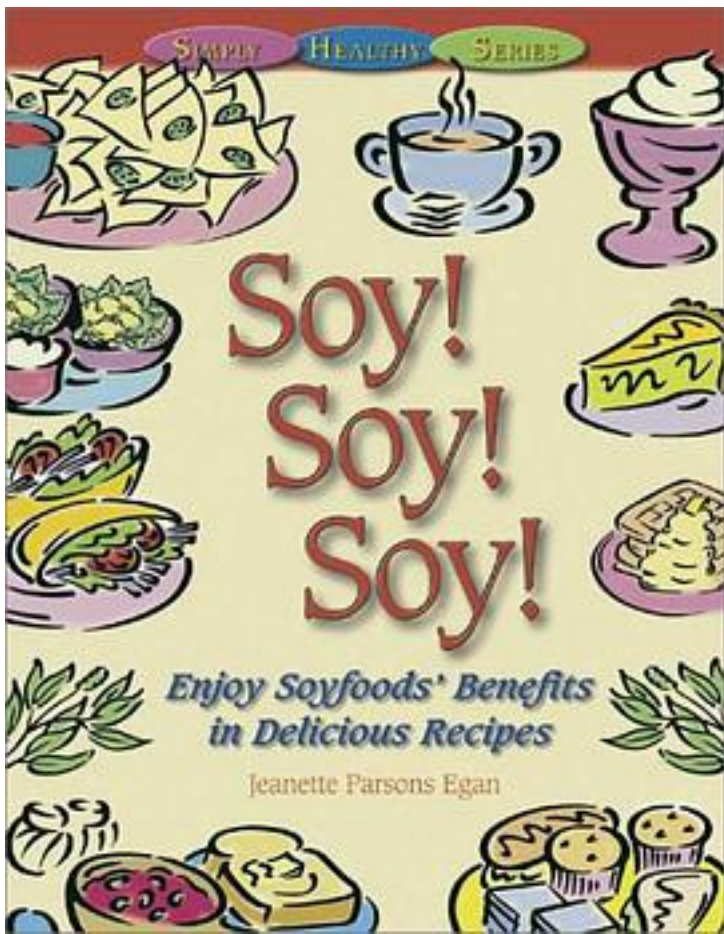


Soy! Soy! Soy



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Soy goes mainstream. The soybean has gone mainstream! Soyfoods are big, big, big with baby boomers. This new book contains more than 120 healthful recipes featuring soyfoods in various forms, from old-reliable tofu, to miso, green soybeans, canned

soybeans, meat analogs made from soy, soy milks, tempeh and more. In many of the recipes, soy is a healthful "secret ingredient" that cannot be detected in the dish by flavor or texture. This is an all-purpose cookbook featuring the versatile bean for those who want to incorporate the healthful benefits of soy to a greater extent in their diet, but who may not wish to become completely vegetarian. Sources for soy products are included in an appendix section, but an abundance of soy products are already available at any local grocery store. The recipes here are "mainly meatless," but not completely so. Neither does cooking with soy mean "Chinese" every night. SAMPLE RECIPES

-Roasted Bell Pepper & Tofu Spread -Chicken and Roasted Vegetable Pasta

-Banana Waffles with Banana Maple Syrup

-Fresh Apple Bread

-Southwestern Hummus

-Breakfast Wraps

-Better Pork Sausages

-Chicken and Tempeh Curry

-Double-Corn Muffins

-New Fashioned Meatloaf

-Green Shelled Soybeans

-Rhubarb Cheese Pie

-Chicken-Green Chile Stew

-Quick Lemon-Poppyseed Cake

-Strawberry "Ice Cream" An important feature of the book-nutritional analyses provided for each recipe: calories, protein, carbohydrates, total fat, cholesterol and sodium. HEALTH BENEFITS OF SOY PRODUCTS: -Lowers blood-cholesterol levels. -Builds bone mass and relieves symptoms of menopause. -May contain salutary compounds that fight cancer and protect the heart. -Full of soluble and insoluble fiber. -Contains a wealth of B vitamins and minerals.

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