

Tofu 1-2-3



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出版者:John Wiley & Sons Inc

出版时间:2006-9

装帧:Pap

isbn:9780471748090

At last! Terrific, healthy tofu dishes that don't look or taste like tofu! Experts increasingly tout the benefits of soy in a healthy diet, and soy consumption in the U.S. has more than doubled since 1999. Natural foods expert Maribeth Abrams shows even the most skeptical cooks how tofu can be used creatively in great-tasting recipes for everything from Corn Chowder to Hot Fiesta Dip to Chocolate Cream Pie. This book features 125 cholesterol-free recipes and 16 color photos, plus tofu tips, cooking methods, nutrition information, and more. It demystifies tofu for mainstream home cooks with simple, healthy recipes that turn tofu-phobes into tofu-fans!

作者介绍:

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