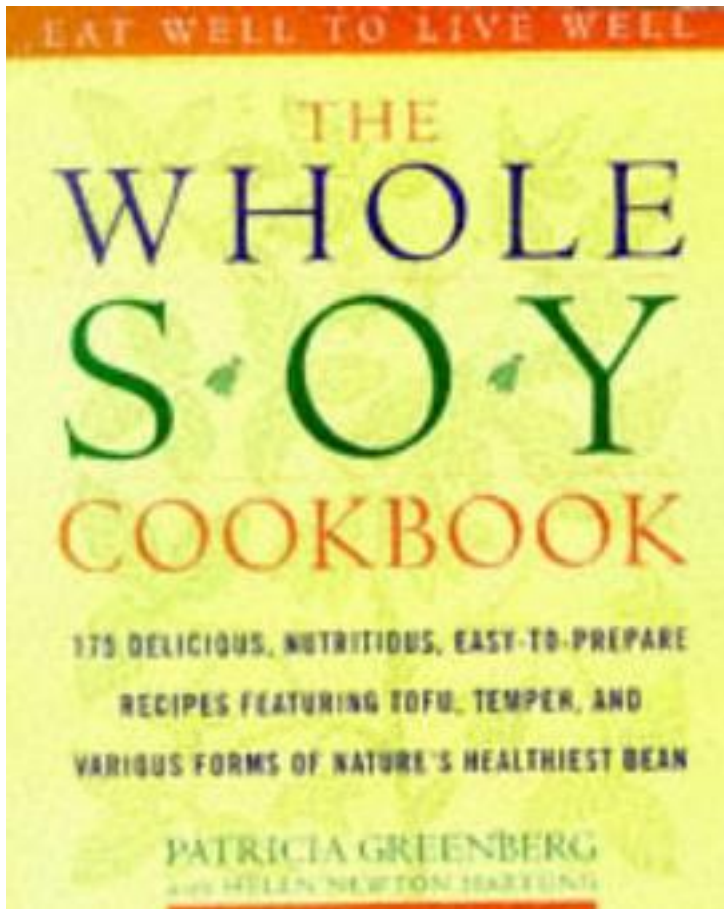


The Whole Soy Cookbook 175 delicious nutritious easy-to-prepare Recipes featuring tofu tempeh a



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出版者:Random House Inc

出版时间:1998-1

装帧:Pap

isbn:9780517888131

Now that medical research has confirmed that soy really can lower your cholesterol,

slow bone loss, fight heart disease and cancer, and even moderate the symptoms of menopause, here are 175 delicious ways to incorporate soy products into your diet. These mouthwatering recipes--from potatoes au gratin, pizza, meat loaf, brownies, cheesecake, and ice cream to tiramisu, fajitas, and Cajun red-hot jambalaya--are inspired by old favorites and classic dishes from the world's best cuisines. All of the recipes are meat- and dairy-free, making them perfect for every health-conscious cook as well as eaters with special needs. In The Whole Soy Cookbook, you'll learn how to buy and cook all soy products, including soy milk and flour, tofu, miso paste, textured soy protein, and tempeh. You'll even learn how easy it is to add or substitute healthy soy products for the meat protein in any favorite recipes. (You'll never miss the meat.) Whether you are a vegetarian, vegan, diabetic, are lactose-intolerant, or just want to cook healthful meals, you'll love The Whole Soy Cookbook's selection of easy-to-prepare, protein-packed, naturally low-in-fat, and cholesterol-free recipes.

作者介绍:

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