



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

Marie Oser

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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 Abbondanza, 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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Jena Alvarez:

Book is to be different for every grade. Book for children right up until adult are different content. We all know that that book is very important for people. The book Soy of Cooking: Easy-to-Make Vegetarian, Low-Fat,Fat-Free and Antioxidant-Rich Gourmet Recipes was making you to know about other know-how and of course you can take more information. It is rather advantages for you. The publication Soy of Cooking: Easy-to-Make Vegetarian, Low-Fat,Fat-Free and Antioxidant-Rich Gourmet Recipes is not only giving you more new information but also to be your friend when you feel bored. You can spend your spend time to read your guide. Try to make relationship together with the book Soy of Cooking: Easy-to-Make Vegetarian, Low-Fat,Fat-Free and Antioxidant-Rich Gourmet Recipes. You never feel lose out for everything in the event you read some books.

Deborah Anderson:

This book untitled Soy of Cooking: Easy-to-Make Vegetarian, Low-Fat,Fat-Free and Antioxidant-Rich Gourmet Recipes to be one of several books that will best seller in this year, this is because when you read this book you can get a lot of benefit on it. You will easily to buy that book in the book shop or you can order it via online. The publisher in this book sells the e-book too. It makes you quickly to read this book, since you can read this book in your Touch screen phone. So there is no reason to your account to past this book from your list.

Lillie Granado:

Reading a guide tends to be new life style within this era globalization. With reading through you can get a lot of information that will give you benefit in your life. Having book everyone in this world can easily share their idea. Books can also inspire a lot of people. A lot of author can inspire all their reader with their story or even their experience. Not only the storyplot that share in the textbooks. But also they write about advantage about something that you need case in point. How to get the good score toefl, or how to teach your kids, there are many kinds of book that you can get now. The authors in this world always try to improve their proficiency in writing, they also doing some research before they write with their book. One of them is this Soy of Cooking: Easy-to-Make Vegetarian, Low-Fat,Fat-Free and Antioxidant-Rich Gourmet Recipes.

Joseph Blackwell:

In this age globalization it is important to someone to obtain information. The information will make a professional understand the condition of the world. The condition of the world makes the information quicker to share. You can find a lot of recommendations to get information example: internet, newspaper, book, and soon. You will observe that now, a lot of publisher that will print many kinds of book. Typically the book that recommended for you is Soy of Cooking: Easy-to-Make Vegetarian, Low-Fat,Fat-Free and Antioxidant-Rich Gourmet Recipes this e-book consist a lot of the information on the condition of this world

now. This particular book was represented how can the world has grown up. The language styles that writer require to explain it is easy to understand. The actual writer made some research when he makes this book. That is why this book suited all of you.

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