



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

By Oser, Marie

Houghton Mifflin Harcourt, 1996. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Soyfood for Thought. A Healthy Kitchen. The Soyfoods Pantry. A Quick Guide to Ingredients. Substitutions. Spices: The Variety of Kitchen Life. Techniques. RECIPES. Sensational Starters. Soups, Stews, and Salads. Bountiful Breads. Exceptional Entrees. Soyful Sides. Pizza and Pasta. Delectable Desserts. Resource Guide. Recommended Reading. Bibliography. Index.



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