



More Soy Cooking: Healthful Renditions of Classic Traditional Meals

Marie Oser

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"A wonderful follow-up to Soy of Cooking- a beautifully written treasure chest of terrific recipes. Eat well and feel great cooking these dishes!"-Neal Barnard, M.D., President, Physicians Committee for Responsible Medicine "When it comes to creating traditional-style meals using healthy ingredients-and making it all come out fantastic-More Soy Cooking is the answer."-John Robbins, author of Diet for a New America and founder, EarthSave International "A cornucopia of traditional recipes that have been made healthier and lower in fat as well as many original taste treats to nourish and comfort just about everyone."-Neal Pinckney, Ph.D., director of the Healing Heart Foundation and author of Healthy Heart Handbook "In More Soy Cooking, Marie Oser cooks up great tasting meals that everyone will love!"-Suzanne Havala, M.S., R.D., F.A.D.A., author of The Natural Kitchen and The Complete Idiot's Guide to Being Vegetarian Marie Oser shares her secrets to creating rich-tasting, scrumptious dishes -- healthfully! Eating healthy is now easier than ever with this splendid collection of mouthwatering recipes. From hearty soups to succulent salads and dressings, from to-die-for desserts to elegant, easy-to-make entrees, Oser gives our favorite recipes a healthy makeover by introducing alternative ingredients and techniques to replace high-fat, cholesterol-laden fare. She revitalizes a variety of classic dishes, from Chile Non Carne to Stuffed Mushrooms Florentine, from Sweet Italian "Sausage" with Peppers to "Turkey" Tetrazzini. Best of all, each recipe is low in fat, high in fiber, rich in phytochemicals, and 100% cholesterol- and dairy-free. Amaze your family and friends with the authentic flavor, texture, and quality of your culinary creations.

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