



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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