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Quick and Easy Soy and Tofu Recipes

By Polly Grimaldi

Bristol Publishing Enterprises Inc., U.S., United States, 2004. Paperback. Book Condition: New. 261 x 215 mm. Language: English . Brand New Book. The book shows you how to create delicious and healthy recipes with this versatile, nutritious food. Tofu is high in protein, low in calories and free of cholesterol. Best of all, tofu can easily be made into any kind of dish you can imagine. Use the book to marinate, grill, saute, bake or microwave tofu. Prepare tofu sandwiches, main courses, soups and salads. Learn about tofu's health benefits, history and cooking methods.



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