The Art of Tofu: Celebrated Vegetarian Recipes from Around the World, 2001, Akasha Richmond, 0966454316, 9780966454314, Morinaga Publications, 2001

Included here are gourmet delectibles and family favorites using MoriNu silken tofu, the packaged product that is now a staple on American supermarket shelves. Complete instructions on how to freeze, blend, store, and bake with tofu, the key ingredient to world-class recipes.

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Giant Book of Tofu Cooking , K. Lee Evans, Chris Rankin, 2000, Cooking, 256 pages. Spruce up your mealb<sup>T</sup>/from soups to desserts<sup>T</sup>/with tasty tofu. Its various textures makes it a perfect substitute for meat, fish, cheese, or eggs. This comprehensive, all.

Of These Ye May Freely Eat A Vegetarian Cookbook, Joann Rachor, 1991, Cooking, 96 pages. .

The Tofu Tollbooth , Elizabeth Zipern, Dar Williams, 1998, Health & Fitness, 250 pages. "A guide to natural food stores & eating spots with lots of other cool stops along the way"--Cover..

Cook Your Way to the Life You Want , Christina Pirello, 2002, Cooking, 303 pages. Discusses traditional theories about food and whole foods cooking and showcases recipes for soups, grains, beans, vegetables, desserts, and natural home remedies..

Tofu and Soybean Cooking The Japanese Healthy Way, Kyoko Honda, 1997, Cooking, 64 pages. Presents articles on the healthy effects of soybeans, and offers recipes using tofu and soybeans, including salads, rice dishes, soups, and main dishes.

Vegetarian times complete cookbook , Lucy Moll, Sep 27, 1995, Cooking, 506 pages. Ofers recipes for meatless appetizers, soups, salads, main dishes, and side dishes, and gives advice on kitchen equipment, cooking methods, and food preservation.

The Vegetarian Hearth Recipes and Reflections for the Cold Season, Darra Goldstein, 1996, Cooking, 316 pages. A collection of 150 recipes for hearty, nourishing vegetarian dishes for the winter months, drawn from the world's coldest regions--from Norway to the high plains of Turkey--is.

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cookbook includes new recipes and current information on the health benefits of soy. Completely free of eggs, dairy and meat products, this.

Tofu Making the Most of This Low-Fat High-Protein Ingredient, with Over 60 Deliciously Varied Recipies from Around the World, Becky Johnson, Feb 8, 2006, Cooking, 96 pages. Over 60 exciting ways to use one of the world's most popular vegetarian ingredients..

Vegan Freak Being Vegan in a Non-vegan World, Bob Torres, Jenna Torres, 2005, Cooking, 175 pages. Curious about veganism? Want to be a vegan? Already a vegan? Just wondering how to be vegan without going insane? In this informative and practical guide on veganism, team.

The Tofu Book The New American Cuisine, John Paino, 1991, Cooking, 175 pages. Traces the history of tofu, explans its health benefits, offers tips on shopping for it, describes how it can be made at home, and includes over one hundred recipes..

Tofu Gourmet Cuisine Delicious Recipes from the Four Corners of the World, Frances Boyte, Ed Bell, Aug 1, 2004, Cooking, 119 pages. How many times have you heard someone say, "Tofu is only for vegetarians"? Many times! Then it's time to expand your culinary horizons while, at the same time, reaping the.

Tofu Mania 120 Easy Recipes for the Dishes You Love-With the Added Benefits of Tofu, Brita Housez, 2005, Cooking, 193 pages. Demonstrates how to render tofu a healthful staple by incorporating it into favorite dishes, in a volume that provides for a variety of entrees and sides and features 120 easy.

The Autobiography of Charles F. Gill, Charles Gill, May 1, 2005, Reference, 329 pages. This is the autobiography of Charles Franklin Gill, Jr. beginning in 1835 when the Gills and Haynes arrived in Richwood, Ohio and played a major role in the establishment and Fame, Karen Kingsbury, 2005, Fiction, 354 pages. Hollywood hunk Dayne Matthews persuades his casting agent to hire an unknown woman from Bloomington, Indiana to co-star in his new romantic comedy

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Whizziwig , Malorie Blackman, 1998, Children's audiobooks, 112 pages. Whizziwig is a small, furry alien whose spaceship has crash-landed. It can only be fixed by giving people what they wish for, but the wishes have to be made by accidentNatural History: Books 8-11 , Pliny (the Elder.), 1997, Nature, 615 pages

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