



This Cant Be Tofu: 75 Recipes to Cook Something You Never Thought You Would-- And Love Every Bite

By Deborah Madison

Broadway Books. Paperback. Book Condition: New. Paperback. 144 pages. One taste and you'll say, This can't be tofu! But it is. . . . Nutritionists, doctors, and food authorities everywhere are telling us to eat more tofu. It's an excellent source of high-quality protein and calcium. It contains no cholesterol and is very low in calories and saturated fat. So why don't we eat more tofu? Because for too long tofu has been used as a substitute for other ingredients. Why turn tofu into a beef substitute in a burger, or pass it off as cheese in lasagna, when it is delicious on its own? Now, in *This Can't Be Tofu!*, award-winning and bestselling author of *Vegetarian Cooking for Everyone* Deborah Madison shows how to make tofu taste great and be the star attraction in 75 stir-fries, sautés, and other dishes. Pan-Seared Tofu with Garlic, Ginger, and Chives, Vietnamese Spring Rolls, Curried Tofu Triangles with Peas, and Pineapple and Tofu Fried Rice are just some of the innovative recipes in this inspired collection. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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Reviews

Extremely helpful for all groups of men and women. It absolutely was written extremely perfectly and valuable. Your way of life span will be transformed when you complete looking at this ebook.

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An extremely great ebook with perfect and lucid answers. This is certainly for anyone who states that there was not a well worth looking at. It's been designed in an exceptionally simple way and is particularly only soon after I finished reading through this ebook in which actually transformed me, modified the way in my opinion.

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