



New Soy Cookbook : Tempting Recipes for Soybeans, Soy Milk, Tofu, Tempeh, Miso and Soy Sauce

Lorna Sass

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They said we couldn't make soy appetizing. They said we couldn't make soy beautiful. *The New Soy Cookbook* is here to prove them wrong! Today's all-natural health miracle, soy can be a delicious and elegant ingredient in any meal. Soyfoods are increasingly being found to protect against heart disease, cancer, and osteoporosis; to lower cholesterol; and to relieve hot flashes and other symptoms of menopause. Health-conscious cooks everywhere are eager to make soy a regular part of their lives, but they need the culinary guidance of a pro like best-selling cookbook author Lorna Sass. In addition to Asian-inspired dishes, Sass's mainly meatless and mostly cholesterol-free recipes cleverly place soyfoods in mainstream Western favorites for recipes such as Double Soybean Chili or Tempeh Simmered in Red Wine with Herbes de Provence. These dishes are friendly and appealing enough even for the truly soy resistant. It's time for cooks everywhere to discover the many pleasures of this modest little bean.

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