

the Soy for Health cookbook

recipes with style and taste



Kurumi Hayter

Soy For Health Cookbook

Miriam Jacobs



Soy For Health Cookbook:

The Soy for Health Cookbook Kurumi Hayter,2001 Soy for Health Cookbook Kurumi Hayter,2006-02-01 **Virtues of Soy** Monique N. Gilbert,2000-12-20 Soy often declared the miracle food of the new millennium is the most popular and complete vegetable protein source in the world Nutritionally packed and extremely versatile soy and soy based products provide a vast array of health benefits Yet many people are still unsure how to use these foods in their everyday cooking Virtues of Soy addresses this dilemma Discover exactly why soy products such as tofu tempeh textured soy protein soymilk miso and soy flour are good for your health Learn more than 169 delicious ways to incorporate these soy foods into your diet Find out about soy s culinary history evolution and nutritional breakdown Based on solid scientific and medical research Virtues of Soy explains how soy foods can lower cholesterol fight heart disease prevent strokes reduce hypertension inhibit certain cancers ward off osteoporosis moderate menopausal symptoms ease PMS regulate diabetes and control kidney disease This guide thoroughly examines these medical conditions and extensively details soy s influence upon them Presented in an easy to understand question and answer format Virtues of Soy takes the mystery out of soy foods It describes what the various soy products used in the recipes are where to buy them how much is needed to produce positive results and which ones are best at improving these various medical conditions This scrumptious collection of 169 truly tasty soy enriched recipes has simple to follow directions and all are meat and dairy free These original and creative recipes range from quick and easy comfort foods to elegant entertaining cuisine and are perfect for anyone who wants to preserve or enhance their health Whether young or old male or female vegetarian or non vegetarian this book will teach you how to implement a well balanced heart healthy anti cancer hormone regulating and bone strengthening diet Not only is Virtues of Soy a practical health guide and magnificent cookbook it is truly the only comprehensive soy reference manual you will ever need **Soy of Cooking** Marie Oser,1996 This collection of over 170 recipes using a variety of easy to find soyfoods maximizes the health benefits while offering creative and delicious gourmet dishes even the toughest soybean skeptics will enjoy Super Soy Ruth Winter,1996 Recent findings confirm the roles of foods derived from the soy bean in the maintenance of good health Super Soy outlines the six vital medical benefits of soy based foods and provides fifty recipes developed by New York s Natural Gourmet Cookery School Ruth Winter also defines the many varieties of soy products available and tells how to choose the best and how to retain their benefits through cooking Finally fifty mouthwatering recipes featuring soybeans and soybean products make it easy to introduce soy into your daily diet **The New Soy Cookbook** Lorna Sass,1998-04-01 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

[The Whole Soy Cookbook](#) Patricia Greenberg,Helen Newton Hartung,1998 Appetizers dips and spreads Salads and vegetables Brunch and breads Pizza and sandwiches Soups and Stews Main dishes Pastas and grains Desserts

Healthy Soy Brigid Treloar,Karen Inge,2002 Healthy Recipes That Show the incredible versatility of soy from appetizers to desserts

[Sensational Soy: Recipes for a Healthy Diet](#) Miriam Jacobs,2000-08-01 Sensational Recipes for Nature s Perfect Food Did you know that soy has been proven to reduce the risk of heart disease It s true In fact soy not only benefits the heart but also Reduces the risk of stroke and breast colon and prostate cancer Decreases the symptoms of menopause and osteoporosis Slows the progression of arteriosclerosis Protects your kidneys Is a complete protein offering all eight of the amino acids essential to human health In Sensational Soy Miriam Jacobs offers taste tantalizing recipes using soy in all its myriad forms including tofu tempeh miso soy milk and soy beans Whether you re a vegetarian looking for alternatives to meat and dairy products or a health conscious consumer seeking ways to strengthen your body you ll find what you need in these sensational recipes for soy based snacks salads soups main dishes and desserts Enjoy

The Whole Soy Cookbook Patricia Greenberg,Helen Newton Hartung,1998-12-30 Soy really can lower your cholesterol slow bone loss fight heart dis cancer even moderate the symptoms of menopause Here are 175 delicious ways to incorp soy products into your diet These mouthwatering recipes from potatoes au gratin pizza meat loaf brownies cheesecake ice cream to tiramisu fajitas jambalaya are inspired by old favorites classic dishes All of the recipes are meat dairy free making them perfect for every health conscious cook as well as eaters with special needs You ll learn how to buy cook all soy products incl soy milk flour tofu miso paste textured soy protein tempeh You ll learn how to add or substitute soy products for the meat protein in any of your favorite recipes Illustrations

The Soy Gourmet Robin Robertson,1998 Discover ways to 75 innovative recipes that help that also includes descriptions of soybeans tofu and other soy foods for the novice cook advice on menu planning and much more

[The Soy Milk Cookbook](#) Wu Wen,2025-10-28 Featured in Library Journal 2025 Cookbook Preview Rooted in Tradition Full of Flavor Cooking with Soy Milk from Breakfast to Dessert In this beautifully illustrated book Chinese cookbook author and teacher Wu Wen shares her great passion for soy milk a staple of the kitchens in China where she grew up To her soy milk is more than just a substitute it s a delicious smooth and creamy ingredient that also happens to be environmentally friendly protein rich and packed with health benefits Wu presents 55 delicious Asian recipes all based around this incredibly nutritious and versatile ingredient They include Soy Milk Drinks like Matcha Green Tea with Soy Milk and Soy Milk Cocoa Soy Milk Soups like Sweet Potato Miso Soup Tofu Soup and Cauliflower Soup with Shrimp

Delicious Stews like Pork Clams Daikon in Soy Milk and Hotpot with Gyoza Dumplings Noodle Pasta Dishes like Pork Soy Ramen and Crab Udon with Soy Milk Chinese style Porridge like Soy Milk Porridge with Scallops and Black Rice Soy Milk Porridge Delicious Desserts like Soy Milk Almond Jelly and Soft Soy Milk Cookies In addition to the recipes the author includes a variety of fascinating essays on the health benefits of soy milk and how to maintain an active and balanced lifestyle by applying traditional Chinese health principles

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The Complete Soy Cookbook Paulette Mitchell,1998 Soybeans and the products made from them are among the healthiest foods available This book is the most most complete source for scientific and practical information on soy providing reading with the latest nutritional findings advice on buying storing and using the myriad soy products and 180 international recipes which use soybeans tofu and other soy products

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