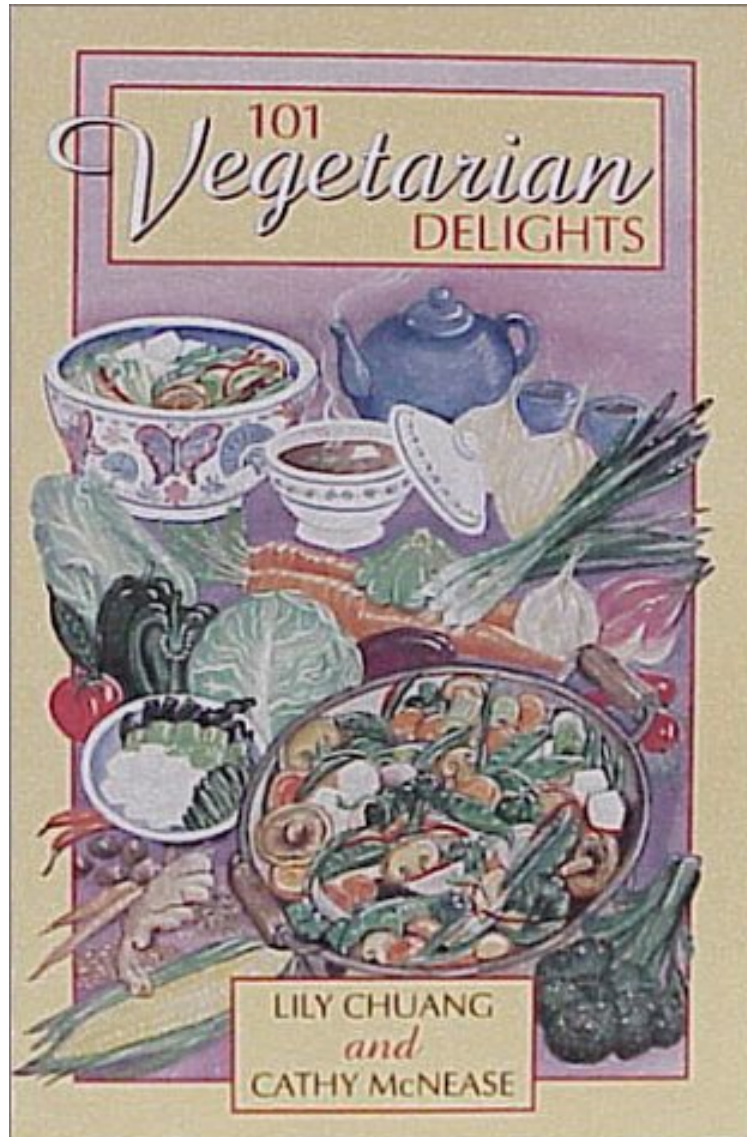


[Free] 101 Vegetarian Delights

101 Vegetarian Delights

Lily Chuang, Cathy McNease

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Lily Chuang, Cathy McNease : 101 Vegetarian Delights before purchasing it in order to gage whether or not it would be worth my time, and all praised 101 Vegetarian Delights:

0 of 1 people found the following review helpful. Too Much Use of TofuBy Roberta J. GoldbergInteresting collection of Chinese vegetarian recipes grouped into 7 categories: appetizers, soups, herb cereals, etc. with 3 appendices (cooking with herbs, culinary herb garden, enjoying edible flowers), glossary of special foods, and an index. Unfortunately this 1997 book relies very heavily on tofu (no longer considered a healthy food, with personal family

history of it being a thyroid disruptor) and gluten flour (another no, no). Also recipes require too many ingredients. Ms. Chuang's "simple Chinese appetizer" using daikon radish calls for 7 ingredients, the recipe I use calls for only 3.

101 Vegetarian Delights is cooking based on the ancient Chinese tradition of balance and harmony. Recipes range from exotic flavorful feasts to nutritious everyday meals. Cooking with herbs, the culinary herb garden, and garnishing with beautiful edible flowers are also featured. Learn a natural way of eating that has both physical and spiritual benefits. Increase your joy of eating and move toward vibrant well-being as you expand your world of foods.

About the Author Lily Chuang has taught Asian vegetarian cooking and is the author of Chinese Vegetarian Delights. She has delighted her family and students with healthy cookery for over 40 years. Cathy McNease holds a diploma in Chinese Herbology, teaches Chinese nutrition, and co-authored The Tao of Nutrition and Chinese Nutrition with Dr. Maoshing Ni.