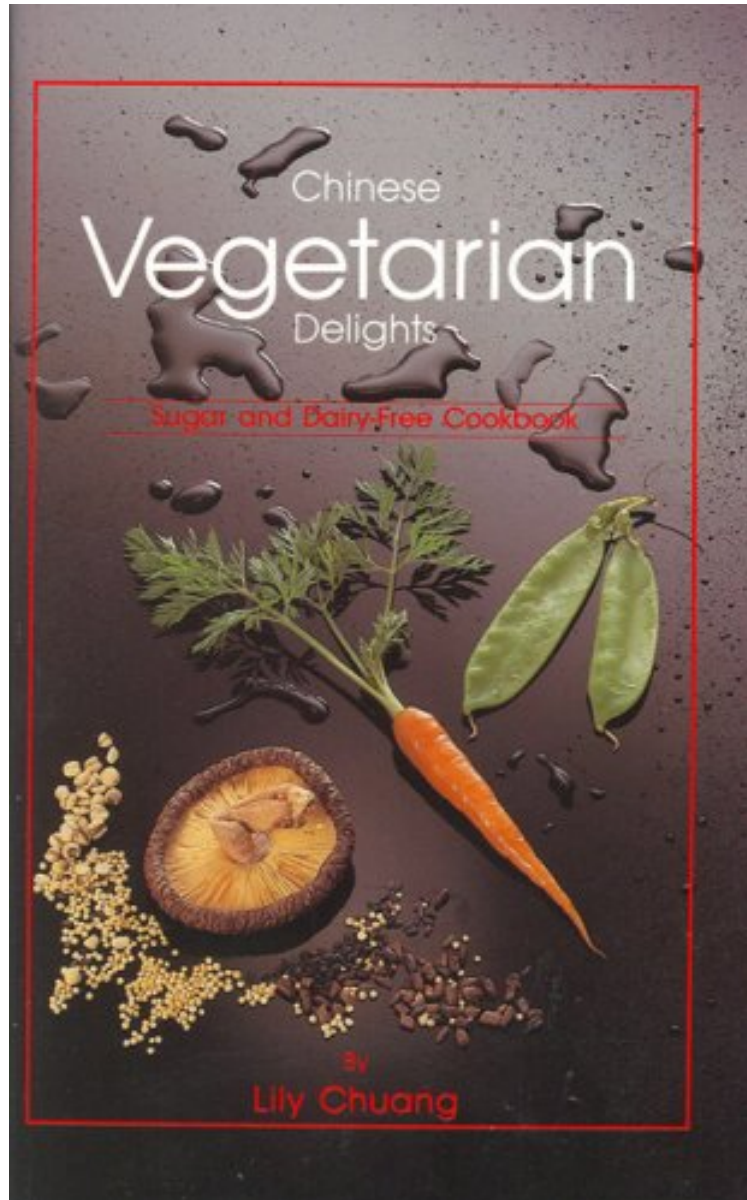


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Chinese Vegetarian Delights

Lily Chuang

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2 of 4 people found the following review helpful. A lot of strange very simple unwestern recipes.By Charles WesleyThis is not a very useful cookbook. So far I haven't gotten anything out of it. Porridges with ingredients that

maybe can be found in Chinatown if I'm lucky.

Being a vegetarian is the secret to longevity. This is because a vegetarian is able to maintain clean blood. It is believed that when a person's blood is clean, that person is less likely to get sick. Also, a vegetarian tends to have a milder temperament. For a person who emphasizes spiritual cultivation, it is always advisable for him or her to become a vegetarian.

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.