



# **This Can't Be Tofu!: 75 Recipes to Cook Something You Never Thought You Would--and Love Every Bite**

*Deborah Madison*

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## **This Can't Be Tofu!: 75 Recipes to Cook Something You Never Thought You Would--and Love Every Bite** Deborah Madison

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.

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