

# Quick And Tasty Tofu Marinades Easy And Healthy T

Quick and Easy Low-Cal Vegan Comfort Food: 150 Down-Home Recipes Packed with Flavor, Not Calories

The 28-Day Plan for IBS Relief

Vegan Asian: A Cookbook

The Vegan Instant Pot Cookbook

Minimalist Baker's Everyday Cooking

Plantiful

Plant Biased

Vegan Bodybuilding: Quick & Easy High-protein Plant-based Recipes for Vegan (Easy & Tasty Plant-based Recipes for Vegan & Vegetarian Bodybuilders and Athletes)

Poppy Cooks

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The Quick and Easy Vegetarian Cookbook

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Appetite for Reduction

Frugal Vegan

Quick And Easy Weeknight Meals

The Food Lab: Better Home Cooking Through Science

Just One Cookbook

The Simple Bites Kitchen

Damn Delicious

The Everything Easy Vegan Cookbook

Heavenly Vegan Dals & Curries

World Food Cafe: Quick and Easy

Quick and Easy Cooking

PlantYou

World Vegan Feast

The New Vegetarian

The Vegetarian Grill

Better on Toast

The Skinnytaste Air Fryer Cookbook

Quick and Delicious Vegetarian Meals

Quick and Tasty Tofu Marinades

The Quick and Easy College Cookbook

This Can't Be Tofu!

The First Mess Cookbook

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## HALEY ERNESTO

[Quick and Easy Low-Cal Vegan Comfort Food: 150 Down-Home Recipes Packed with Flavor, Not Calories](#) Harper Collins

People in the early stages of alcoholism recovery are often sugar-addicted and nutritionally deficient. Trained chef and recovering alcoholic Liz Scott tackles these issues head on in a cookbook that pursues lifelong sobriety through building a healthy lifestyle around food.

*The 28-Day Plan for IBS Relief* Harper Collins

'If I had a child at Uni ... this is the book I'd be putting in their stocking this Christmas' Nigella Lawson 'The millennials' answer to Delia Smith' Daily Mail 'The poster girl for TikTok cooks' The Times 'The how-to cookbook for the modern generation. Fresh, engaging and great fun' Rukmini Iyer, Roasting Tin series Learn the basics. Up your cooking game. Delicious food every time. This is a cookbook with no judgement. Together, we'll learn how to make incredible food at home. We'll start with the basics: 12 Core recipes (or go-to skills) that everyone needs to know, like how to make a pasta sauce, roast a chicken or make a killer salad dressing. Then we'll use these core skills as a base for delicious and adaptable recipes that will up your cooking game - the Staple, the Brunch, the Potato Hero (of course they make an appearance) and the Fancy AF. So, once you've nailed that classic tomato sauce (which I promise will become the new go-to in your kitchen), you can stir it through pasta, or bake it with eggs for the perfect Shakshuka and, before you know it, you'll be getting real fancy and making a show-stopping Chicken Parmigiana to impress your friends. Other chapters include: White Sauce: think Mac and Cheese and Bacon-y Garlicky Gratin. Flat Breads: easy flat breads for Halloumi Avo Breads and Salmon Tikka wraps. Emulsions: Chicken Caesar Salad with homemade mayo and next level Steak Béarnaise with Hollandaise and Crunchy Roast Chips. Meringue: from Eton Mess Pancakes through to Simply the Zest Lemon Meringue Pie Whether you're completely new to the kitchen or looking to elevate your basics with clever tricks, my step-by-step guidance will help you nail delicious food every time. As a chef with over ten years' experience in professional kitchens, I've done the years of training so you don't have to. It's okay to make a few mistakes along the way, and together, we'll help you fix them and achieve incredible results at home. I am passionate about the importance of great food at home, every day - it's what we all deserve. This is not just the food you want. It's the food you need. [Vegan Asian: A Cookbook](#) Hachette UK

A fresh, fun, easy, cookbook, filled with color photographs, that reveals all the delectable things you can do with toast, one of

today's hottest culinary trends. The recipes serve as a flavor profile building blocks, making Better on Toast a great introductory cooking guide, too! Whether she's frantically preparing for an impromptu gathering with friends, looking for an energy boost before the gym, or home alone staring into the fridge for a midnight snack, Jill Donenfeld turns to one dish that always satisfies—Toast. Tartine, open-faced sandwich, smørbrød—whatever you call it, it's that single slice of perfect bread stacked high with fresh, flavorful toppings. Better on Toast features delicious, quick, easy-to-follow recipes for toasts with every possible topping—from hot to cold and savory to sweet. Anyone can make delicious toasts, no matter his or her level of experience or kitchen size. Whether you use thick-cut French bread, slices of whole wheat, or her gluten-free bread recipe, Jill puts emphasis on flavor, using quality, wholesome ingredients to make each recipe stand out. With Better on Toast, you can enjoy these elegant yet simple meals anytime and for any occasion, using classic ingredients in new ways and playing with interesting ingredients you've always wondered about. Try: Smoked Trout & Grapefruit Toast Edamame Basil Toast Chickpeas and Chorizo Toast Rosemary Caper Tuna Salad Toast Grilled Radicchio and Apple Buttermilk Toast Carrot Butter and Halloumi Toast Maple Pear Bread Pudding

*The Vegan Instant Pot Cookbook* Hachette UK

Make Incredible Vegan Versions of Your Favorite Asian Meals If you crave vegan-friendly versions of classic Asian dishes, this will become your new favorite cookbook! Jeeca Uy, of the hit Instagram account @TheFoodieTakesFlight, transforms traditional Southeast and East Asian cuisine into spectacular vegan renditions that are bursting with flavor. From iconic Thai dishes to piping-hot Japanese fare and everything in between, Jeeca's recipes will take your palate on a delicious food trip across Asia that will keep you coming back for more. So, why order takeout when you can easily whip up a vegan version that is not only healthier but can taste even better? Find your favorites and discover new ones with recipes such as: Pad Thai Char Siu Tofu Vietnamese Mushroom Pho Singaporean Chili Tofu Chinese Lettuce Wraps Yang Chow Fried Rice Japanese Yakisoba Spicy Dan Dan Noodles Satay Tofu Sticks with Peanut Sauce Korean Bulgogi Mushrooms Along with vibrant photographs, Jeeca has packed this book with tips and tricks to guide any cook, vegan or not, on how best to work with tofu, how to fold dumplings, how to make vegan versions of essential sauces and so much more. This cookbook will quickly become your go-to guide for simple yet delicious vegan Asian recipes. This cookbook has 60 recipes and 60 full-page photographs. BONUS GIFT! Jeeca has created a free digital Asian Pantry & Essentials Guide to go with the cookbook. Download it from her website at:

[https://thefoodietakesflight.com/cookbooks/free-bonus-ebook/Minimalist Baker's Everyday Cooking](https://thefoodietakesflight.com/cookbooks/free-bonus-ebook/Minimalist-Baker's-Everyday-Cooking) Clarkson Potter

From the garden to the grill, these veggies are hot!

*Plantiful* W. W. Norton & Company

Francesca Bonadonna, of Plantifully Based delivers a fresh and creative approach to vegan cooking in her new book, *Plantiful: Over 75 Vibrant Vegan Comfort Foods*. With an emphasis on comfort, quality, and taste, she draws upon her Italian American heritage to bring familiar flavors and delectable dishes to your table. *Plantiful* teaches you how to easily transform plant-based foods into hearty and nourishing meals. With an array of creamy, saucy, and crispy creations, Francesca dispels any misconceptions that vegan food lacks the pleasing flavors and textures of its non-vegan counterparts. Each recipe is made from high-quality but easily accessible ingredients, with a simple format that makes cooking both easy and fun. Francesca guides you each step of the way in creating satisfying meals and snacks that are perfect for sharing. Whether you are a seasoned vegan cook or are looking to expand your repertoire of plant-based meals, she has you covered with over 75 foolproof recipes, along with kitchen tricks and tips for overcoming common challenges, allowing you to find joy and inspiration on your cooking journey! Sample recipes include: • Vegan Chorizo and Potato Breakfast Tacos • Greek Nachos • Popcorn Chick'n • Sweet Gochujang Tempeh Bao • Buffalo Chick'n Sandwiches • Vegan Mac and Cheese • Yellow Split Pea Cannellini Bean Stew • Zeppole *Plant Biased* Callisto Media, Inc.

National Winner for Gourmand World Cookbook Awards 2017 - Family Books Winner of the 2018 Taste Canada Awards - General Cookbooks, Silver Delicious, wholesome family-friendly recipes from the creator of the award-winning Simple Bites blog Toasty warm in the winter and cool in the summer, Aimée's comfortable kitchen is a place where the family gathers, cooks together, and celebrates everyday life. In *The Simple Bites Kitchen*, she brings her love of whole foods to the table and shares heart-warming kitchen stories and recipes that are nutritious, fairly simple to make, and utterly delicious. Aimée knows the challenges that come with feeding a family and tackles them head on by providing lunchbox inspiration, supper solutions and healthy snack options. Aimée's collection of 100 wholesome recipes draws on her experience as a mom and a seasoned cook and is brimming with fresh ingredients and simple instructions so that you can cook with confidence knowing you're providing your family with healthy and great-tasting meals. You and your family will enjoy recipes from Overnight Spiced Stollen Swirl Buns and Maple-Roasted Pears with Granola for breakfast, Tequila-Lime Barbecue Chicken and Strawberry Rhubarb Pie for a fresh air feast, garden-inspired recipes like Harvest Corn Chowder and

Lentil Cottage Pie with Rutabaga Mash, and family dinner favourites like Roast Chicken with Bay Leaf and Barley and Cranberry-Glazed Turkey Meatloaf with Baked Sweet Potatoes. Filled with beautiful photography, The Simple Bites Kitchen also includes recipes to keep your preserves pantry well-stocked all year, tips, simple tutorials and inspiration and ideas for homespun hospitality.

**Vegan Bodybuilding: Quick & Easy High-protein Plant-based Recipes for Vegan (Easy & Tasty Plant-based Recipes for Vegan & Vegetarian Bodybuilders and Athletes)** Simon and Schuster

More than 50,000 copies sold! Following a Vegan Diet Has Never Been Easier, Cheaper or More Delicious Live a healthy vegan lifestyle without breaking the bank with these 99 affordable and delicious plant-based recipes. Frugal Vegan teaches you how to avoid pricey perishables and special ingredients, and still enjoy nutritious, exciting food at every meal. Learn the tips and tricks to creating plant-based cuisine on a budget and fill yourself up with a delicious feast. Katie Koteen and Kate Kasbee are your guides to changing up your vegan cooking routine using less expensive ingredients. There's a meal idea for every time of day, whether it's a hearty breakfast of Pineapple Scones or Biscuits and Gravy; a Backyard BBQ Bowl or Crunchy Thai Salad for lunch; or Beer Battered Avocado and Black Bean Tacos, Mushroom Stroganoff or Chickpea Curry for dinner. Host movie night with a delicious snack like Salted Peanut Butter Popcorn, or indulge in Chocolate Coconut Cream Puffs for dessert. With practical tips and approachable recipes, Frugal Vegan will help you create stunning plant-based meals that'll not only save you money, but save you time in the kitchen, too.

**Poppy Cooks** Time Inc. Books

NEW YORK TIMES BESTSELLER • From bestselling author Gina Homolka comes the must-have air fryer cookbook, featuring 75 quick and easy recipes that deliver on Skinnytaste's signature "light on calories, big on flavor" promise. Gina Homolka is beloved for her incredible recipes that transform your favorite, comforting foods into healthy, low-cal dishes with tons of flavor. Now she brings her expertise to the game-changing air fryer appliance. Using high-powered, super-hot circulating air like a convection oven, air fryers crisp up your favorite "fried" foods with barely any oil needed. Cook times are shorter than traditional oven methods and the process requires little clean-up. In The Skinnytaste Air Fryer Cookbook, Gina shares 75 of her best recipes that work in every type of air fryer, including basket models and countertop ovens with air fryer settings. You'll of course find crave-worthy recipes for traditionally fried foods, such as Chicken-Vegetable Spring Rolls, Crispy Coconut Shrimp, Za'atar Chickpeas, and Pickle-Brined Chicken Tenders, but Gina also shows you how versatile the appliance can be. Perfectly roasted meats and vegetables like Korean Pork Lettuce Wraps, Roasted Fish with Lemon-Almond Crumbs, Sugar and Spice Acorn Squash, and Charred Sesame Green Beans, along with baked goods like Homemade Bagels and Cinnamon Rolls with Cream Cheese Icing, are all executed beautifully in the compact air fryer. For those of us with a sweet tooth, The Skinnytaste Air Fryer Cookbook even offers low-cal desserts, including Churros, Very Berry Mini Pie, and Baked Apples with Streusel Topping. Many dishes are vegetarian, gluten-free, and keto-friendly—all called out with helpful icons—and every recipe includes nutritional information (with the most up-to-date Weight Watchers points found on the blog).

*Dinner: A Love Story* Ten Speed Press

Discover this modern vegetarian bible for delicious, nutritious food. Perfect for lifelong vegetarians, and those just getting started. Alice Hart is a food expert and an incredible cook. Delicious and healthy vegetarian recipes are intrinsic to her cooking (not that the odd indulgence doesn't feature). Alice cooks colourful and natural ingredients with taste and enjoyment in mind. With over 200 recipes, this book covers a wide range of nourishing, vegetarian food, featuring chapters on Mornings, Grazing, Quick, Thrifty, Gatherings, Grains, Raw-ish and Afters. With recipes from a raw Thai salad to hearty quesadillas to a vegan chocolate layer cake, this book will speak to everyone who loves delicious, feel-good food. 'I could cook from this book every

night and have the perfect supper on the table daily' Nigella Lawson

**Buddha Bowls** Harvest

A new and vibrant vegan cookbook authorized by Instant Pot, from the creator of the Rainbow Plant Life blog. With food and photos as vivid, joyous, and wholesome as the title of her popular cooking blog--Rainbow Plant Life--suggests, Nisha Vora shares nourishing recipes with her loyal followers daily. Now, in her debut cookbook, she makes healthy, delicious everyday cooking a snap with more than 90 nutritious (and colorful!) recipes you can make easily with the magic of an Instant Pot pressure cooker. With a comprehensive primer to the machine and all its functions, you, too, can taste the rainbow with a full repertoire of vegan dishes. Start the day with Nisha's Homemade Coconut Yogurt or Breakfast Enchilada Casserole, then move on to hearty mains like Miso Mushroom Risotto, and even decadent desserts including Double Fudge Chocolate Cake and Red Wine-Poached Pears. The Vegan Instant Pot Cookbook will quickly become a go-to source of inspiration in your kitchen.

**Plenty** Anthony Carrillo

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.

**Sober Kitchen** Random House

The debut cookbook by the creator of the wildly popular blog Damn Delicious proves that quick and easy doesn't have to mean boring. Blogger Chungah Rhee has attracted millions of devoted fans with recipes that are undeniable 'keepers'-each one so simple, so easy, and so flavor-packed, that you reach for them busy night after busy night. In Damn Delicious, she shares exclusive new recipes as well as her most beloved dishes, all designed to bring fun and excitement into everyday cooking. From five-ingredient Mini Deep Dish Pizzas to no-fuss Sheet Pan Steak & Veggies and 20-minute Spaghetti Carbonara, the recipes will help even the most inexperienced cooks spend less time in the kitchen and more time around the table. Packed with quickie breakfasts, 30-minute skillet sprints, and speedy takeout copycats, this cookbook is guaranteed to inspire readers to whip up fast, healthy, homemade meals that are truly 'damn delicious!' **The Quick and Easy Vegetarian Cookbook** Quarry Books 300 quick, easy, and cheap recipes! College life is busy. While the dining hall or takeout can be convenient, these shortcuts can take a toll on your maxed-out bank account, not to mention your waistline. The Quick and Easy College Cookbook will help you create delicious and healthy recipes in a flash! With low-cost ingredients that still have high nutritional value, you're sure to love cooking up these recipes. The best part? No experience or fully equipped kitchen required! You'll find 300 recipes that range from hearty breakfasts to healthy study-session snacks to fuel an all-nighter. Even first-time cooks will succeed, with the help of a glossary of cooking terms and checklists of essential kitchen equipment and pantry staples. With hundreds of student favorites, like Huevos Rancheros, Korean Spicy Pork Tacos, and Peanut Butter Cups, this cookbook is required reading for any student who likes healthy home cooking.

**Wild Drinks & Cocktails** Rowman & Littlefield

The blogger behind the Saveur award-winning blog The First Mess shares more than 125 beautifully prepared seasonal whole-food recipes. "This plant-based collection of recipes is full of color, good ideas, clever tricks you'll want to know."—Deborah Madison,

author of Vegetable Literacy and The New Vegetarian Cooking for Everyone Home cooks head to The First Mess for Laura Wright's simple-to-prepare seasonal vegan recipes but stay for her beautiful photographs and enchanting storytelling. In her debut cookbook, Wright presents a visually stunning collection of heirloom-quality recipes highlighting the beauty of the seasons. Her 125 produce-forward recipes showcase the best each season has to offer and, as a whole, demonstrate that plant-based wellness is both accessible and delicious. Wright grew up working at her family's local food market and vegetable patch in southern Ontario, where fully stocked root cellars in the winter and armfuls of fresh produce in the spring and summer were the norm. After attending culinary school and working for one of Canada's original local food chefs, she launched The First Mess at the urging of her friends in order to share the delicious, no-fuss, healthy, seasonal meals she grew up eating, and she quickly attracted a large, international following. The First Mess Cookbook is filled with more of the exquisitely prepared whole-food recipes and Wright's signature transporting, magical photography. With recipes for every meal of the day, such as Fluffy Whole Grain Pancakes, Romanesco Confetti Salad with Meyer Lemon Dressing, Roasted Eggplant and Olive Bolognese, and desserts such as Earl Grey and Vanilla Bean Tiramisu, The First Mess Cookbook is a must-have for any home cook looking to prepare nourishing plant-based meals with the best the seasons have to offer.

**Quick and Easy Veggie Burgers** Random House

Quick and Easy Veggie Burgers features simple, exciting veggie burgers perfect for Meatless Monday, or any day.

**Vietnamese Food Any Day** Andrews McMeel Publishing

After twenty years of squeezing in trips abroad at the same time as running the World Food Café, Chris and Carolyn Caldicott decided to take a sabbatical so that they could go on some longer journeys in search of new recipes. This book brings together the recipes they collected on a trek across the Andes; on their way down the Ganges delta; in the mountain kingdom of Bhutan; in the remote jungle of upper Burma; and even further away. All the recipes are quick and easy to cook, ideal for life on the road or for a simple, quick and healthy meal after a busy day. With over 100 entirely vegetarian recipes from across the globe and stunning travel and food photography throughout, World Food Cafe Quick and Easy is the ultimate cookbook for preparing delicious world vegetarian food at home.

**Maangchi's Big Book of Korean Cooking** Random House

Delicious, fresh Vietnamese food is achievable any night of the week with this cookbook's 80 accessible, easy recipes. IACP AWARD FINALIST • NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY NPR • The Washington Post • Eater • Food52 • Epicurious • Christian Science Monitor • Library Journal Drawing on decades of experience, as well as the cooking hacks her mom adopted after fleeing from Vietnam to America, award-winning author Andrea Nguyen shows you how to use easy-to-find ingredients to create true Vietnamese flavors at home—fast. With Nguyen as your guide, there's no need to take a trip to a specialty grocer for favorites such as banh mi, rice paper rolls, and pho, as well as recipes for Honey-Glazed Pork Riblets, Chile Garlic Chicken Wings, Vibrant Turmeric Coconut Rice, and No-Churn Vietnamese Coffee Ice Cream. Nguyen's tips and tricks for creating Viet food from ingredients at national supermarkets are indispensable, liberating home cooks and making everyday cooking easier.

**Appetite for Reduction** Penguin

"The definitive book on Korean cuisine by "YouTube's Korean Julia Child" and the author of Maangchi's Real Korean Cooking." --

**Frugal Vegan** The Experiment, LLC

54 amazing marinades. You won't believe you're eating tofu. Doctors, nutritionists, personal trainers, EVERYBODY is telling us we need to be eating more tofu. Tofu is high in protein and vitamins, and low in calories. The perfect food for getting in shape for the beach. Written for tofu lovers and tofu beginners. Praise for Quick and Tasty Tofu Marinades: "Great recipes, Diana. You really know how make tofu taste amazing." - Ronda Connors "Wow wow wow. I cannot say it enough. My family is going full tofu this summer." - Karena Schultz Buy now before this book returns to full price.