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Tofu In Garlic Sauce Recipe

Sharon Kramis, Julie Kramis Hearne



Tofu In Garlic Sauce Recipe:

Chinese Homestyle Maggie Zhu, 2022-09-20 Enjoy the bold flavors of Chinese food without the guilt with over 90 easy vegan recipes adapted for the Western cook and kitchen No wok required Everyone loves Chinese food but takeout can often be unhealthy In Chinese Homestyle Maggie Zhu the creator of the popular Chinese cooking blog Omnivore s Cookbook omnivorescookbook.com shares authentic healthy recipes with a focus on Szechuan and Northern Chinese cooking that allow you to make quick delicious meals any night of the week including Favorite takeout Dim sum Dumplings Cold dishes Seasonal produce Sweets Pickles Sauces and condiments With recipes adapted to accommodate our busy lifestyles and including helpful information for stocking your Chinese pantry Chinese Homestyle will soon have you throwing out those delivery menus and experiencing this exciting cuisine in a whole new way

Chinese Cooking For Dummies Martin Yan, 2000-10-11 Forget about takeout Have you ever had a craving for fried dumplings or hot and sour soup at midnight Ever wonder how your local Chinese takeout makes their food taste so good and look so easy to make Still don t know the difference between Sichuan Cantonese and Mandarin cooking Discovering how to cook the Chinese way will leave you steaming stir frying and food styling like crazy The indescribably delicious cuisine of a fascinating country can finally be yours And in Chinese Cooking For Dummies your guide to the wonders and magic of the Chinese kitchen is none other than Martin Yan host of the award winning TV show Yan Can Cook In no time at all you ll be up to speed on what cooking tools to use how to stock your pantry and fridge and the methods centuries old that have made dim sum Egg Fu Young Kung Pao Chicken and fried rice universal favorites You ll also be able to Think like a Chinese chef usin g the Three Tenets of Chinese Cooking Choose and season a wok select a chef s knife plus other basic tools of the trade Find the essential ingredients and ask for them in Chinese with a Chinese language phonetic version of black bean sauce hoisin sauce plum sauce bamboo shoots and more Cook using a variety of methods including stir frying steaming blanching braising and deep frying And with over 100 recipes arranged conveniently like a Chinese menu Chinese Cooking For Dummies lets you select from any column in the comfort of your own kitchen which is when the fun really begins Imagine putting together your ideal meal from the book s rich offering of recipes Delectable morsels including Baked Pork Buns Spring Rolls Potstickers Steamed Dumplings and Shrimp Toast Seafood dishes including Sweet and Sour Shrimp and Oysters in Black Bean Sauce Poultry dishes including Moo Goo Gai Pan Kung Pao Chicken and Honey Garlic Chicken Pork beef and lamb dishes including Sichuan Spareribs Tangerine Beef and Mongolian Lamb Chinese Cooking For Dummies gives you all of the basics you ll need letting you experience the rich culinary landscape of China one delicious dish at a time and all without leaving a tip

The Best Simple Recipes America's Test Kitchen, 2018-11-06 The Best Simple Recipes offers more than 200 full flavored easy to prepare recipes that can be on the table in 30 minutes or less in an easy to read paperback format Just because time is short it doesn t mean you have to settle for a can of soup or a sandwich for dinner or making one of the many boring and flavorless

fast recipes which often aren't even as fast as they promise. Our test cooks have created more than 200 recipes that keep the ingredients and cooking time to a minimum and offer tons of flavor and plenty of variety. By combining steps, minimizing pans, and employing a little test kitchen trickery, our test cooks have made naturally fast recipes even faster, and they've made recipes that traditionally take hours ready for the table in half an hour. And while they used a minimum of ingredients, one thing they didn't minimize was flavor.

101 Vegetarian Weight Loss Recipes Gail Johnson, 2016-04-07. Our objective at NoPaperPress is to publish fitness, weight control, and nutrition eBooks for sensible adults. 101 Vegetarian Weight Loss Recipes is a continuation of that mission. This eBook is a compilation of the best low-calorie recipes from four of our published vegetarian diet eBooks. Most of the 101 low-calorie vegetarian recipes are intended for the evening meal. And most, but not all, the recipes serve four. All the recipes specify the calorie value per serving. All the recipes are between 250 and 550 calories, and all are delicious. The book uses U.S. units: cups, calories, pounds, etc. The recipes are grouped as follows: Low-Calorie Vegetarian-based Recipes, Low-Calorie Tofu Recipes, Low-Calorie Soup Recipes, Low-Calorie Vegetarian Seafood Recipes, Low-Calorie Vegetarian Pasta/Pizza Recipes, Low-Calorie Salad Recipes. Note that the recipes in this eBook are a popular vegetarian variant called Pescetarian, because the diet includes seafood, eggs, and dairy products. Of course, Pescetarians do not eat meat or poultry. The inclusion of seafood and eggs assures that your intake of protein will be more than adequate. People often adopt a Pescetarian diet for health reasons or as a stepping stone to a fully vegetarian diet.

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 Plant-Based Cookbook* America's Test Kitchen,2020-12-01 Eating a plant based diet can be easy budget friendly and inclusive
 with these 500 crowd pleasing recipes you can make vegan or vegetarian America s Test Kitchen offers their best tips for
 preparing vegetables and plant based meats boosting flavor and nutrition and stocking your pantry with healthy staples Plant
 based cooking means different things to different people ATK s diverse modern plant based cookbook offers foolproof recipes
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 ATK s plant based diet strategy is easy budget friendly and inclusive cuisines around the world are rich with boldly flavored
 naturally vegan dishes From building a plant centric plate to cooking with plant based meat and dairy you ll find everything
 you need here to create varied satisfying meals everyone will love **Master of the Grill** America's Test
 Kitchen,2016-04-26 Part field guide to grilling and barbecuing and part cookbook Master of the Grill features a wide variety
 of kitchen tested recipes for meat poultry seafood vegetables pizza and more These are the recipes everyone should know
 how to make the juiciest burgers barbecue chicken that s moist not tough tender grill smoked pork ribs the greatest steak
 and grilled potatoes to serve alongside Regional specialties are included too learn how to make Cowboy Steaks Alabama BBQ
 Chicken and Kansas City Sticky Ribs Colorful photography captures the beauty of the recipes and step by step shots guide
 you through everything you need to know A section on grilling essentials covers the pros and cons of gas and charcoal grills
 and which might be right for you as well as the tools you ll use with them such as grill brushes tongs vegetable baskets and
 wood chips and chunks *The Cast Iron Skillet Cookbook, 2nd Edition* Sharon Kramis,Julie Kramis Hearne,2013-10-22 With
 95 delicious recipes for one pan meals this best selling cookbook proves the cast iron skillet is the home cook s secret
 weapon for making flavorful versatile dishes Learn the ins and outs of using a cast iron skillet from seasoning and cleaning to
 cooking tantalizing recipes Fusing new and traditional recipes full of farm fresh produce and ingredients mother daughter

team Sharon Kramis and Julie Kramis Hearne show you how to make delicious food in this versatile inexpensive skillet. Recipes include Dungeness Crab Cakes with Tarragon Aioli Dutch Baby puffed pancake with lemon and powdered sugar Grilled Prosciutto Wrapped Radicchio Warm Pear Upside Down Cake And many more Filled with color photographs and easy recipes this cast iron skillet cookbook will make new family favorites of delicious one pan meals

The Complete Vegetarian Cookbook America's Test Kitchen, 2015-03-01 BESTSELLER America's Test Kitchen shows you how to become a master of vegetarian cooking in 700 healthy recipes with 45 minute vegan and gluten free versions too Eating more vegetables and grains can often feel intimidating with recipes that are lacking in flavor or too complicated for everyday meals For the first time ever America's Test Kitchen has created a vegetarian cookbook for the way vegetarians want to eat today Here you'll find 300 delicious vegetarian recipes you can make in 45 minutes or less 500 veggie forward gluten free recipes and 250 vegan recipes Nearly 500 colorful photos demonstrating prep tricky techniques and key steps Loads of cooking insights and advice from the chefs at America's Test Kitchen Destined to become a classic The Complete Vegetarian Cookbook offers 700 boldly flavorful vegetarian recipes from hearty vegetable mains featuring grains beans and more to soups appetizers snacks and salads

The Essential Plant-Based Pantry Maggie Green, 2018-09-01 Plant based cooking is easier with the right ingredients on hand and a treasure trove of recipes with intriguing flavor combinations Abigail Johnson Dodge James Beard Award nominated author of The Everyday Baker The Essential Plant Based Pantry is the indispensable resource for cooks who want everyday healthy recipes right at their fingertips without the fuss of an extended shopping trip Food and nutrition expert Maggie Green reveals the secret to her miraculous meal preparation routine a well stocked pantry By bringing together a few fresh ingredients like produce and nut milk with Green's comprehensive list of easy to find pantry safe foods you can prepare delicious recipes on time and within budget without running to the store halfway through Packed with amazing recipes including fettuccini cashew alfredo Moroccan tempeh sesame Brussels sprouts red bean and mushroom jambalaya curry coconut chickpeas tofu shakshuka Cinci lentil chili

Air Fryer Recipes for Healthy Eating Deborah L. Sparrow, 2025-10-17 Rediscover the joy of eating well with Air Fryer Recipes for Healthy Eating a modern guide to wholesome delicious cooking that fits beautifully into your everyday life This book is more than a collection of recipes it's an invitation to embrace balance flavor and wellness through the art of air frying Inside you'll find over 100 thoughtfully crafted recipes from golden protein rich breakfasts and vibrant lunches to comforting dinners and guilt free desserts all prepared with minimal oil and maximum taste Each recipe is designed with nutrition in mind offering complete calorie and macronutrient breakdowns to help you stay aligned with your health goals You'll also discover Practical guidance on portion control meal prep and smart cooking techniques A 21 day clean eating air fryer plan to simplify your wellness journey Global inspired dishes that prove healthy food can be bold colorful and deeply satisfying Tips on oil free seasoning safe storage and appliance care to keep your air fryer performing perfectly Whether you're a beginner looking to

make healthy cooking easier or an experienced home chef seeking inspiration this book shows that nutritious eating doesn't have to be complicated or boring Every page celebrates food that nourishes the body and delights the senses Step into a world where crisp meets clean where every bite feels indulgent yet balanced Air Fryer Recipes for Healthy Eating transforms the way you cook and eat helping you create meals that are both good for you and irresistible to everyone at your table Healthy never tasted this good and it all begins with your air fryer *Lose Weight Gain Muscle* Eric Prescott, The quality of protein in a vegan diet may not be as high as in other diets If you plan your meals to include a wide variety of plant foods however it is possible to have a relatively high protein vegan diet A well planned vegan diet can help control obesity and prevent and manage chronic diseases such as cancer heart disease and diabetes according to a position paper released by the ADA The ADA also reported that vegetarian and vegan diets tend to be lower in saturated fat and cholesterol and higher in certain vitamins minerals and fiber All the recipes Beverages Appetizers Breakfast Salads Soup Stews Main dish and Side dish also include detailed information on calories fat saturated fat carbohydrates protein fiber and sodium as well as serving sizes with total preparation and cooking time Whole Foods Diet Cookbook Ivy Larson, Andrew Larson, 2009-06-01 FOR PEOPLE WHO ARE TIRED of counting calories carbs fats and points this book makes nutrition count instead Whole foods are nutrient rich foods These foods offer a complete balance in nutritional value while in their natural unrefined unprocessed state They are high in antioxidants phytochemicals and essential fats and oils and low in saturated fats and sugar Whole Foods Diet Cookbook includes chapters to educate the reader and offers plenty of delicious menus for every occasion It provides a three prong culinary approach to healthy living weight loss disease and illness prevention **The New Essentials Cookbook** America's Test Kitchen, 2018-09-25 Take your cooking skills to the next level while developing a knockout repertoire of 200 essential dishes that satisfy what our modern palates crave from simple meals to dinner party center pieces We've made improvements to well loved dishes by incorporating innovative techniques in recipes such as Butter Basted Rib Eye Steak and added modern classics such as Vegetable Bibimbap and Olive Oil Yogurt Bundt Cake In this book you'll find the perfect roast chicken and a killer banana bread but also a Turkish inspired tomato soup luscious Chinese braised short ribs and a set of wholesome grain bowls A chapter on weeknight dinners offers smart paths to great flavor from Bucatini with Peas Kale and Pancetta that cooks in one pot to a pizza that bakes in a skillet including plenty of vegetarian options Other chapters turn up the volume on breakfast and dessert standbys try the 100 Percent Whole Wheat Pancakes and Brown Sugar Cookies and you may never go back to the regular versions We'll also help you pull off your next or even your first dinner party with recipes guaranteed to impress and to work such as Braised Lamb Shanks with Bell Peppers and Harissa Miso Marinated Salmon and Roasted Zucchini and Eggplant Lasagna Most of us not just newbies could stand to bone up on certain culinary basics and our methods may surprise even more experienced cooks from seeding fresh chiles we use a measuring spoon to hulling strawberries a plastic straw works well And that's just the tip of the iceberg of what these recipes

teach You ll discover how to reverse sear thick pork chops so they turn out juicy all the way through grind meat in a food processor for the ultimate burger and shape fresh corn tortillas without a tortilla press or rolling pin As you progress through this book you will also gain a deeper understanding of ingredients better techniques and the secrets we use in the test kitchen via sidebars called Think Like a Cook which offers insights that can help in your larger culinary life For example How to Be an Avocado Whisperer Squeezing that avocado is just going to bruise it Learn a better way to tell when it s ripe Improvising a Pan Sauce After searing a steak chop or chicken breast don t clean the pan We show you how to use these browned bits to make a rich deeply flavored sauce How Cheese Melts Learn why some cheeses melt smoothly while others turn greasy plus a trick to help cheddar melt without breaking The Egg Doneness Continuum See the difference between soft hard and overcooked eggs and find a foolproof method for nailing it every time and removing the shells more easily **101**

Weight Loss Recipes Gail Johnson,2016-03-16 Our objective at NoPaperPress is to publish fitness weight control and nutrition eBooks for sensible adults 101 Weight Loss Recipes is a continuation of that mission This eBook is a compilation of the best low calorie recipes from 50 of our published diet eBooks Almost all the 101 low calorie recipes are intended for the evening meal Most but not all the recipes serve four and all the recipes specify the calorie value per serving The book uses conventional U S units pounds ounces etc All the recipes are between 250 and 550 Calories and all are delicious The recipes are grouped as follows Low Calorie Poultry Recipes Low Calorie Seafood Recipes Low Calorie Meat Recipes Low Calorie Pasta Pizza Recipes Low Calorie Salad Recipes Low Calorie Vegetarian Recipes Low Calorie Tofu Recipes **CONTENTS** Introduction Low Calorie Poultry Recipes 1 Chicken with Peppers Onions 2 Chicken with Veggies 3 Chicken Cacciatore 4 Chicken Piccata 5 Cajun Chicken Salad 6 Chicken Stew over Rice 7 Chicken Cutlet 8 Healthy Chicken Salad 9 Chicken Scaloppini 10 Chicken with Peppers Rice 11 Chinese Chicken Salad 12 Mediterranean Chicken 13 Lemon Chicken Salad 14 Grilled Turkey Tenders 15 Turkey Burger 16 Turkey Meatloaf Low Calorie Seafood Recipes 17 Baked Herb Crusted Cod 18 Baked Salmon with Salsa 19 Baked Red Snapper 20 Grilled Swordfish 21 Shrimp Spinach Salad 22 Grilled Scallops Polenta 23 Baked Sea Bass 24 Grilled Tilapia 25 Baked Haddock 26 Poached Cod 27 Barbequed Shrimp Corn 28 Pan Fried Sole 29 Salmon with Mango Salsa 30 Shrimp over Spaghetti 31 Baked Cod 32 Grilled Scallops 33 Fish Stew 34 Trout with Lemon Capers 35 Tuna Bean Salad 36 Crab Cakes 37 Shrimp with Orzo 38 Bay Scallops Snow Peas Low Calorie Meat Recipes 39 Pork Medallions Broccoli Rabe 40 Low Cal Meat Loaf 41 Spicy Beef Strips over Rice 42 Skirt Steak in Tomatillo Sauce 43 London Broil 44 Pan Broiled Hanger Steak 45 Cheeseburger Heaven 46 Low Cal Beef Stew 47 Broiled Lamb Chop 48 Beef Kebob 49 Veal Mushrooms in White Wine 50 Beef Steak Strips 51 Beef Burgundy 52 Personal Size Meat Loaf 53 Grilled Pork Chop with Orange 54 Pork Medallions in Lime Sauce 55 Szechuan Noodles Pork 56 Veal with Mushrooms Tomato 57 Grilled Pork Tenderloin Low Calorie Pasta Pizza Recipes 58 Pasta with Marinara Sauce 59 Quick Pasta Puttanesca 60 Fettuccine in Summer Sauce 61 Pasta Rapini 62 Pasta e Fagioli 63 Healthy Pasta Salad 64 Pasta Pomodoro 65 Pasta Primavera 66 Pasta

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Katie Chin's Global Family Cookbook Katie Chin, 2021-06-22 Katie Chin's Global Family Cookbook lets you travel the world from your kitchen Professional chef TV personality and working mom of three kids Katie Chin shows you how easy it is to prepare new and exciting meals from many cultures Discover comfort food from around the world and add some international flair to your dinner table In addition to providing simple recipes for every meal and occasion Katie includes sidebars explaining how her recipes can be adapted for vegetarians vegans and those with food allergies and how to add fresh new flavors to kids lunches From meatless Mondays to taco Tuesdays the recipes in this book include something for everyone Bring the unforgettable flavors of the world to your table through 170 recipes including Seven Global Go To Sauces Mexican Chimichurri Chicken Burgers Thai Curry Meatball Subs Cuban Fish Tacos with Citrus Mango Slaw Easy Pad Thai Noodles Chicken Tikka Masala Pizza Crispy Korean Chicken Sliders And so much more This cookbook also provides great ideas for celebrating cultures through food Chinese New Year's Dinner featuring TV personality Jeannie Mai The Real and with recipes provided by her mom Mama Mai Greek Easter Dinner with recipes provided by TV personality and lifestyle expert Debbie Matenopoulos The Home Family Show Cinco de Mayo Celebrations with recipes provided by cookbook author and celebrity chef Jeffrey Saad Hanukkah Dinner with recipes provided by Faye Levy a prolific cookbook author and lead cooking columnist for the Jerusalem Post Katie learned to cook alongside her mother and it's now an experience she loves to share with her daughter She hopes to inspire other families to have fun in the kitchen together with these recipes everyone will love

[AARP Betty Crocker Cookbook, 11th Edition](#) Betty Crocker, *Diabetes Quick-Fix with Magic Foods* Reader's Digest, 2018-10-16 **RELEASING JUST IN TIME FOR DIABETES AWARENESS MONTH** Discover the 57 magic foods that can balance blood sugar to heal diabetes and pre diabetes including 125 delicious recipes Out of control blood sugar is wrecking havoc on Americans health and caused more than 100 million adults to suffer from pre diabetes and type 2 diabetes And doctors and researchers have discovered a shocking truth If your blood sugar levels regularly soar and crash your body may sustain damage to your health The good news is that by eating the right foods you can help control blood sugar keep hunger at bay and help you feel satisfied longer Diabetes Quick Fix with Magic Foods is

based on nutrition science but designed for regular folks who just want to know what to eat Inside you won't find strict eating regimens or crazy rules about carbohydrates What you will find are 57 magic foods that can help you bump your diet into sugar friendly territory Add just one of the magic foods to your plate and you can see results right away such as Barley instead of white rice thanks to barley's significant stash of soluble fiber it will slash the effect of your blood sugar by almost 70% try Mushroom Barley Pilaf Add avocados to your diet avocado contains fats that actually improve insulin sensitivity try Turkey and Bean Chili with Avocado Salsa Berries from ruby red strawberries to mid night blue blueberries are magic for your blood sugar they are full of fiber which keeps blood sugar low and antioxidants which benefit every cell in your body try Cherry Raspberry Crumble Pasta although high in carbs if cooked al dente and served with a topping containing vegetables beans chicken garlic and onions you could get many magic foods on one plate and still keep your blood sugar in a medium range try Macaroni and Cheese with Spinach Cinnamon and vinegar are secret ingredients that can significantly lower your blood sugar response to any meal try cinnamon in Moroccan Spiced Carrots or vinegar in Flank Steak with Balsamic Sauce The more than 125 recipes meal makeovers meal plans and cooking tips make it incredibly simple to get more of the 57 magic foods onto your plate Your meals will taste delicious and in addition they will rein in insulin resistance offload dangerous belly fat reverse pre diabetes and help heal diabetes while feeling more fully charged and ready to embrace life every day

The Glycemic Load Diet Weight Loss: 30 Days Challenge Eric Prescott, Want a diet that you can stick to for the long term The glycemic index diet is not a true low carbohydrate diet because you don't have to count carbohydrates carbs Nor is it a low fat diet It also doesn't require you to reduce portion sizes or count calories But the glycemic index diet does steer you toward certain types of carbs One study showed that participants following the Zone diet maintained a weight loss of about 7 pounds 3.2 kilograms after one year about the same amount of weight lost as in the three other diets in the study There have been few studies about the impact of the glycemic index diet on weight loss after a year or more But some evidence suggests that a diet higher in protein and lower on the glycemic index may lead to sustained weight loss Some evidence also suggests that you may lose weight on a glycemic index diet simply because you choose more fiber and protein which helps you reduce portion sizes and eat less

The HappyCow Cookbook Eric Brent, Glen Merzer, 2014-06-03 Sample amazing vegan dishes from around the world right in your own kitchen HappyCow.com helps millions of people everywhere find delicious vegan and vegetarian cuisine across the globe through the site's extensive database of restaurants and reviews Now Eric Brent creator of HappyCow and Glen Merzer coauthor of *Better Than Vegan* and *Food Over Medicine* bring the HappyCow concept home with a collection of nutritious and delicious dishes from top rated vegan restaurants around the world Featuring recipes from many of the world's finest and most popular vegan restaurants The HappyCow Cookbook shares the history and evolution of each restaurant provides Q&As with the owners and teaches you how to make some of their mouthwatering dishes With entries like Blackbird Pizzeria's Nacho Pizza desserts such as Sublime Restaurant's Apple

Crumble Pie la Mode and drinks such as El Piano s Granada Chai tea HappyCow fans and newcomers alike will enjoy a selection of international gourmet vegan fare from the comfort of their own kitchens The HappyCow Cookbook is a must have guide for vegetarians vegans and those who simply want to experience some of the most delicious and healthy food on the planet

Unique Vegetarian Cookbook Deanna Boone, 2019-09-24 VEGETARIAN DIET is a CELEBRATION of REAL SUSTAINABLE FOOD that IS both DELICIOUS and NUTRITIOUS It s a DIET it IS a LIFESTYLE The VEGETARIAN approach to FOOD more than is a WAY OF EATING that includes BALANCED WHOLE FOODS and is all about ENJOYING a GREAT array of FLAVOURS and TEXTURES OF amazing FOODS You can FIND most FOODS at your local GROCERY STORE and FARMERS MARKETS PEOPLE who FOLLOW the VEGETARIAN DIET are HAVING a LONGER LIFE expectancy and LOWER RATES of CHRONIC DISEASES The DIET can HELP with WEIGHT LOSS HEART HEALTH and DIABETES PREVENTION And the main attractions Surprise NO COUNTING of CALORIES FRESH FOOD you WON T be HUNGRY all the time If you are SEEKING greater VITALITY and a HEALTHIER LIFE in an EXCITING WAY this cookbook is for you This eBook UNIQUE VEGETARIAN COOKBOOK is FULL of INSPIRING RECIPES that make PLANT BASED EATING accessible and EXCITING for everyone It s a USER FRIENDLY GUIDE to COOKING BEAUTIFUL FOOD EATING WELL and ENJOYING every LAST BITE while REACHING your HEALTH and FITNESS GOALS REAP the many BENEFITS that the VEGETARIAN DIET has to OFFER WITH this UNIQUE VEGETARIAN COOKBOOK

Embark on a breathtaking journey through nature and adventure with Crafted by is mesmerizing ebook, **Tofu In Garlic Sauce Recipe** . This immersive experience, available for download in a PDF format (*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

https://about.livewellcolorado.org/results/uploaded-files/HomePages/Larchitecture_En_Questions_15_Entretiens_Avec_Des_Architectes.pdf

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Tofu In Garlic Sauce Recipe Introduction

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