



# Wok Wisely: Chinese Vegetarian Cooking

*Dharma Realm Cookbook Team*

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# **Wok Wisely: Chinese Vegetarian Cooking**

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## **Wok Wisely: Chinese Vegetarian Cooking** Dharma Realm Cookbook Team

Not just a cookbook, but a way of life for your body, mind and spirit, Wok Wisely, Chinese Vegetarian Cooking, presents not only a collection of nourishing, flavorful recipes, but information on how to keep the body in balance. Originally assembled by the Dharma Realm Cookbook Team in Chinese for a Buddhist monastery, this English version was done under the guidance of American Buddhist nun, Jin Rou Shi. In addition to recipes and tips on keeping the body in balance, the book contains nutrition facts from both Chinese classics and contemporary Western sources, guidelines for vegetarian children, quotes by about vegetarianism from the likes of actress Alicia Silverstone, physicist Albert Einstein, scientist Charles Darwin, poet George Bernard Shaw, and Buddhist masters, among others. The book also covers how to maintain a safe home through the use of natural cleaning products.

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