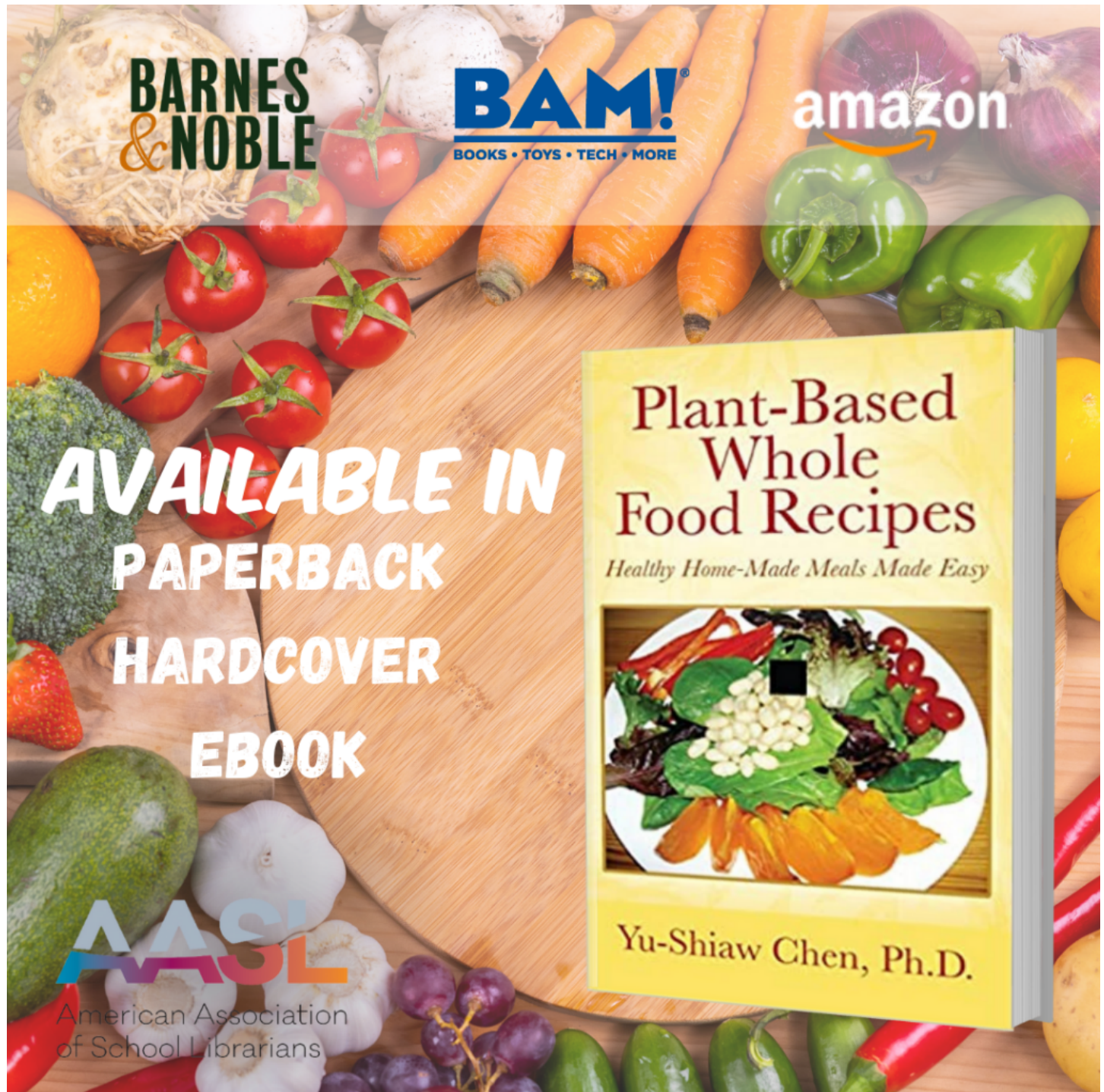


2023 AASL National Conference presents Plant-Based Whole Food Recipes by Dr. Yu-Shiaw Chen

One of Renowned Author Yu-Shiaw Chen's Informative Work to be Displayed at the 2023 AASL National Conference in Tampa, Florida



Tampa, Florida Oct 17, 2023 (Issuewire.com) - Author Yu-Shiaw Chen is thrilled to announce that one of her outstanding works will be displayed in one of the biggest librarians book fair events, the 2023 AASL National Conference, held at the Tampa Convention Center in Tampa, Florida. The conference will take place from October 19th to 21st, 2023, and attendees will have the opportunity to explore a

wide range of books, including Chen's latest masterpiece, *Plant-Based Whole Food Recipes*.

Chen's book, published under the renowned Authors Press company, offers readers a collection of tantalizing whole food, vegan recipes that are not only delicious but also promote a balanced diet and good nutrition. With over seventy meal ideas, including gluten-free, vegan, whole grain, and legume options, *Plant-Based Whole Food Recipes* are a must-have for anyone looking to embrace a healthier lifestyle.

The book showcases a variety of colorful and delicious Asian ingredients, such as bitter melon, okra, lotus root, wood ear and shiitake mushrooms, gai-lan (Chinese broccoli), and water spinach. Each recipe is accompanied by stunning full-color photos, providing readers with the inspiration they need to create mouthwatering dishes that are packed with nutrients and enzymes.

The book will be available for purchase at Authors Press' booth (Booth 414). The paperback edition of *Plant-Based Whole Food Recipes* is priced at \$12.99, while the Kindle edition is available for \$7.42.

"Her book, *Plant-Based Whole Food Recipes*, offers a wealth of culinary inspiration for librarians and book enthusiasts alike. We are confident that attendees will be captivated by Chen's expertise and passion for healthy living," said the event organizer.

In addition to being available for purchase at the conference, [Plant-Based Whole Food Recipes](#) can also be found at Authors Press, Creative Books, Sweet A's Book Cafe, [Amazon](#), [Barnes and Noble](#), and other online book resellers.

About the Author:

Yu-Shiaw Chen is a renowned author and advocate for healthy living. With a background in nutrition and a passion for cooking, Chen has dedicated her career to promoting the benefits of a plant-based whole food diet. Through her book, "*Plant-Based Whole Food Recipes*," Chen aims to inspire readers to embrace a healthier lifestyle by incorporating delicious and nutritious meals into their daily lives.

About Authors Press:

Authors Press is an independent publishing company dedicated to helping authors bring their literary dreams to life. With a team of experienced professionals, Authors Press provides a range of services, including editing, design, marketing, and distribution, to ensure that each book reaches its full potential. With a commitment to quality and a passion for storytelling, Authors Press has become a trusted name in the publishing industry.

For more information about Yu-Shiaw Chen and her book, *Plant-Based Whole Food Recipes*, please visit www.authorspress.com.

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