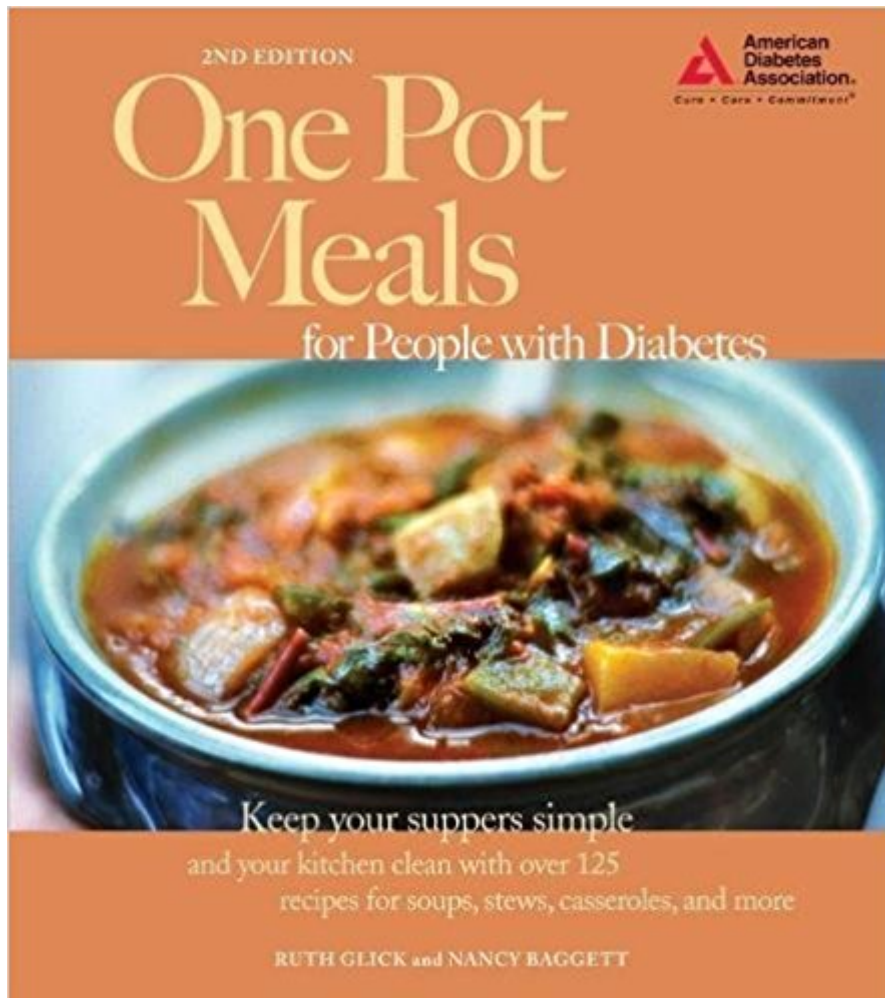




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# One Pot Meals For People With Diabetes



## Synopsis

Revised and better than ever, One Pot Meals for People with Diabetes is your solution to delicious meals in a snap. Nothing is easier than 'one-pot' cooking - prepare your ingredients, combine, and let them cook! And with recipes that cover everything from pasta to casseroles to hearty sandwiches, you've got options for any appetite. Recipes include: Italian Chicken with Peppers and Onions; Fresh Salmon Chowder; Stick-to-the-Ribs Beef Stew; Shepherd's Pie; and Easy Beef and Black Bean Chili.

## Book Information

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## Customer Reviews

Experienced cookbook authors Glick (The Diabetes Snack) and Baggett (Eat Your Vegetables) have again joined forces to provide some culinary assistance to people with diabetes. The strength of these recipes is that they are varied enough to please almost every palate, as the authors have a good knowledge of herbs and spices and use it creatively here. Instructions are clearly presented for preparing many main dishes, such as soups, salads and hot dishes that feature meat, fish and poultry. Vegetarian choices include Tamale Pie, Broccoli Cheese Omelette and Macaroni Lasagna, and they all fall within the current American Diabetes Association recommendations; while the recipes are not all fat free, the authors have limited the amounts of animal fat. Each recipe lists the nutritional exchanges as well as the calories, fat, cholesterol, sodium, protein and carbohydrates contained in that particular dish. The "one pot" in the title may define dishes that can be cooked in a microwave, crock pot, skillet or oven. Although Glick and Baggett include a chapter on "Super-Quick

Dinners," in some cases a cook would have to move pretty quickly to prepare the recipe in the time allotted. Otherwise, this is a useful and appetizing collection. Copyright 2002 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

"A varied enough to please almost any palate A useful and appetizing collection. Publishers Weekly

I originally bought this cookbook for my Mom, a brittle diabetic, but loved some of the recipes so much that I bought a copy for myself. The recipes are easy and made with ingredients that are usually already in the pantry or easily obtainable from a local grocery store. (Personally, I do not appreciate "yumilicious" recipes "you just have to try" that call for ingredients so hard to find and so expensive when you do that you know they were cultivated in a teacup in the uppermost reaches of Tibet and transported by yak to a nomadic market and smuggled in to the States.) This is a collection of recipes to cover every aspect of meal presentation and preparation. Quick dinners, soups, stews, pasta sauces, oven and broiler, skillet, microwave, crock-pot, salads, and sandwiches....no one will be hungry! Creative and inventive blends of flavor like Tomato-Sweet Potato Bisque or Chicken, Eggplant, and Bell Pepper Skillet or tried and true South of the Border Chicken Skillet along with standards like Hamburger Stroganoff, so many options are presented to make this one of my favorite cookbooks with loads of post-it stickers marking my favorites. Too, each recipe provides preparation time, number of servings and size, food category exchanges, and nutritional info (calories, fat calories, Cholesterol, Sodium, etc). I love my copy and I've given additional copies as gifts. I recommend it highly!

This is fabulous cookbook! Cooking has never been my favorite pastime, and I hate spending a long time in the kitchen. Not only are these recipes fast and easy, they are also enjoyable to make. I've tried several diabetic cookbooks, and the recipes in this one are by far the tastiest. In fact, I like the taste of these recipes more than my "normal" cookbooks. I also love that you get your meat and veggies all in one place without having to put thought into a well balanced meal. It's a wonderful cookbook! I highly recommend it.

Thanks

Use it two or three times a week. Good book.

to cool for words was just what i wanted and it came in perfect time for all my needs thanks was just what i wanted and it came in perfect time for all my needs thanks

It's a wonderful book because it gives you the serving size, # of carbs, amt of sugar, calories, etc. This makes it very useful to a diabetic on a special diet. Most importantly, the repicipes taste great.

I love this book! I am diabetic and am always looking for ideas and suggestions for appropriate meals. This book fills the bill.

All great!

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