



Eating Well with Diabetes: More Than 350 Savory Recipes & a Special Dessert Section

Mary Jane Finsand, Edith White, Karin Cadwell

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Lasagne. Meat Loaf. Mocha Chocolate Roll. With 350 appetizing recipes such as these, a diabetic need never feel deprived. The dishes are all easy to prepare, feature everything from impressive appetizers to gourmet entrées to luscious desserts, and will delight the entire family. Of course, the volume includes the most recent American Diabetes Association, Inc. and American Dietetic Association Exchange Lists to make meal planning easy. So dig into Summer Chicken Canapés, the perfect start to an al fresco repast; hearty, satisfying Beef Stroganoff; flavorful Shrimp Creole; tasty Potato Puffs; and Creamy Amaretto Cheesecake as a grand finale. Tips on measurements, pan sizes, oven cooking, spices and herbs, and flavorings and extracts help the preparation go smoothly and deliciously.



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