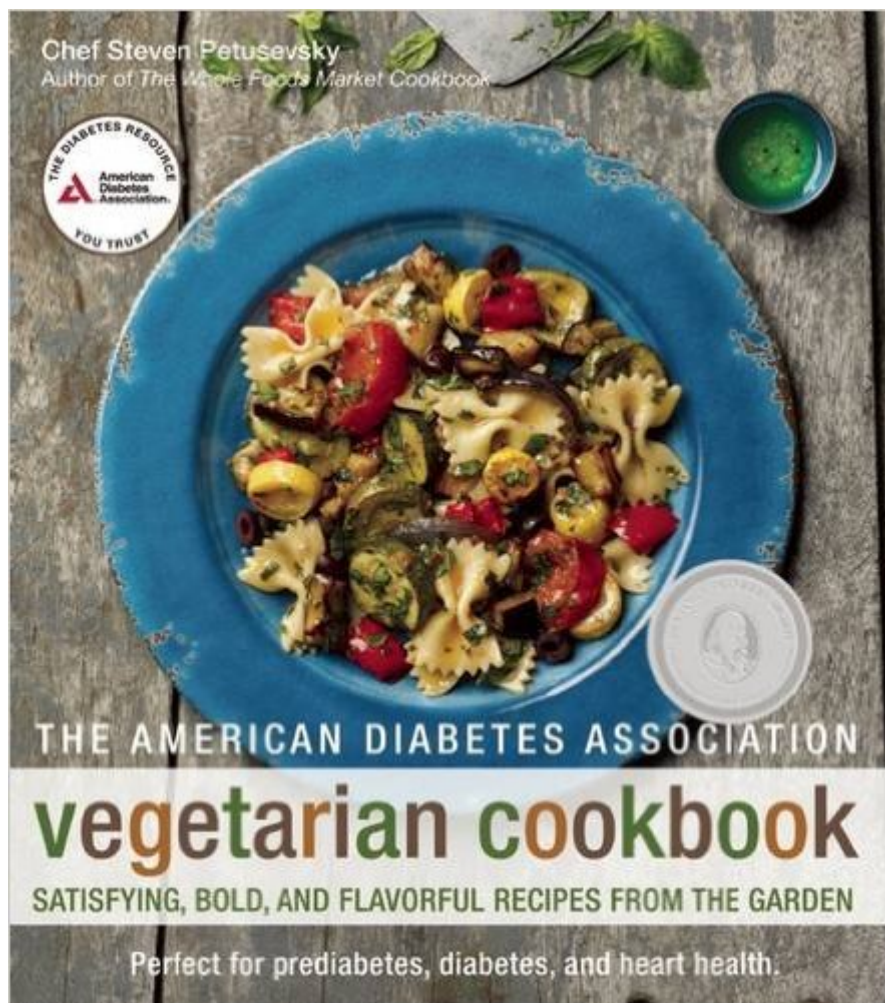


The book was found

The American Diabetes Association Vegetarian Cookbook: Satisfying, Bold, And Flavorful Recipes From The Garden



Synopsis

Motivated by his recent diagnosis of prediabetes, chef Steven Petusevsky has created a cookbook aimed at those who are new to vegetarianism and who want to lose weight and get their diabetes under control. The easy-to-follow American Diabetes Association Vegetarian Cookbook acts as a personal guide to a healthier lifestyle, from selecting flavorful seasonal vegetables and building a pantry to preparing the most delicious and satisfying vegetarian dishes inspired by global cuisine. New vegetarian cooks will soon be pros at preparing such delightful dishes as Pan-Seared Spicy Asparagus with Shiitake Mushrooms and Authentic Greek Salad. An array of four-ingredient dishes are perfect for cooks with a busy schedule. With over 150 delicious, healthy, and amazing recipes, readers will soon find that a vegetarian meal can be satisfying, healthy, and diabetes-friendly.

Book Information

Paperback: 176 pages

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Average Customer Review: 3.8 out of 5 stars Â Â See all reviews Â (36 customer reviews)

Best Sellers Rank: #61,191 in Books (See Top 100 in Books) #6 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #72 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #88 in Â Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

Customer Reviews

I have been a vegetarian for somewhere around 26 years or so, I don't even recall--and I was vegan for some of those years as well. One thing I know is that when I entertain I love to sneak in dishes that no one thinks of as vegetarian when I can. I imagine if one member of the family is vegetarian and the rest are not, that is equally important for everyone's satisfaction. This is a great book for someone who does not often cook but wants to do it well because there are loads of tips within the pages to help you. Do know there are few pictures however, if that is important. While there is a wide range of variety so that you can please many palettes, I am personally surprised there are not more casseroles--I find those always a guest and family pleaser but there are actually lots of vegan

recipes in here and vegan casseroles were always more difficult for me to do--but with that focus, you get exceptionally healthy meals here. For me I find these recipes great for being a main dish for me and a side dish for others. Most of these are lighter fare although there are some hearty dishes like chili and some vegetarian burgers. They lean more to almost all veggie as the focus with less protein and because of that they are VERY low in calorie--usually around the 200 mark, some as low as 40 or so but really nothing I saw in the 300 mark or above so it's hard to equate them as a meal without bigger servings than are listed in order to get enough calories for the day. That's the only reason I deducted a star. It's great for weight loss but you could not eat strictly from this book for 3 meals a day or you'd consume far too few calories no matter what you size.

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