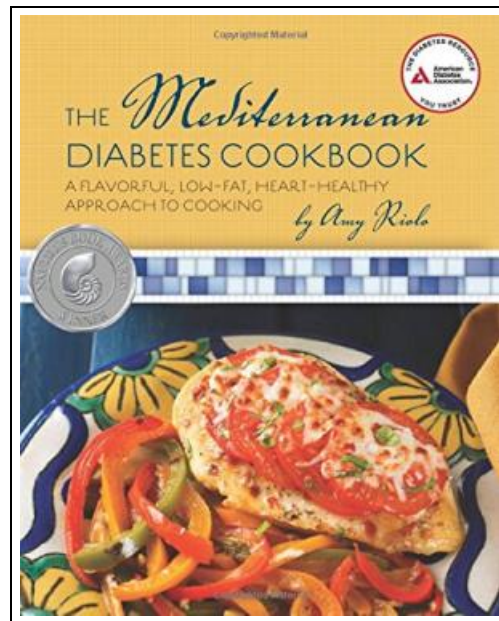


The Mediterranean Diabetes Cookbook



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American Diabetes Association. Paperback. Book Condition: new. BRAND NEW, The Mediterranean Diabetes Cookbook, Amy Riolo, The Mediterranean style of cooking has been medically proven to be good for people with diabetes--and for good reason. Rich in heart-healthy fiber, nutrients, omega-3 fatty acids, and antioxidants, this delicious diet of fruits, vegetables, lean meats and whole-grains can help lower blood pressure and risk for heart disease-- all beneficial for people with type 2 diabetes. Based on traditional recipes from Italy, Turkey, Egypt, Morocco, and many other Mediterranean countries, this collection of delicious meals provides a time-tested tradition of healthy eating. The Mediterranean Diabetes Cookbook features: Over 200 healthful and delicious Mediterranean recipes; Numerous healthy living and cooking tips throughout the book; Eight pages of color photographs. Review from Publishers Weekly: Food historian, cooking instructor and author Riolo (Arabian Delights) offers over 200 recipes for diabetics in this easy-to-use guide to Mediterranean cuisine. Organized by course (small plates, first courses, side, salads, etc), Riolo's collection offers dozens of palate-expanding, flavor-packed dishes that will appeal to diabetics and their families, including a hearty chicken, tomato and pepper stew, Braised Fennel with Orange Sauce, and a bright Orzo with Lemon, Artichokes and Asparagus salad. A Turkish riff on chicken salad incorporating ground walnuts, garlic and paprika offers a tasty diversion, and chicken kabobs marinated in tahini, lemon juice and garlic, and served with a raspberry mustard sauce, is perfect for grilling season. Vegetarians will appreciate Riolo's 70-plus vegan dishes, like a Vegetarian Cassoulet, Spicy Tunisian Chickpea Stew, and Lebanese Eggplant with Yogurt, Tahini and Pine Nuts, a silky, protein-packed alternative to mashed potatoes. Each recipe contains exchange and nutritional information, and cooks will be pleased with an index of main ingredients. Though diners and diabetics already familiar with Mediterranean cuisine will get the most out...

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