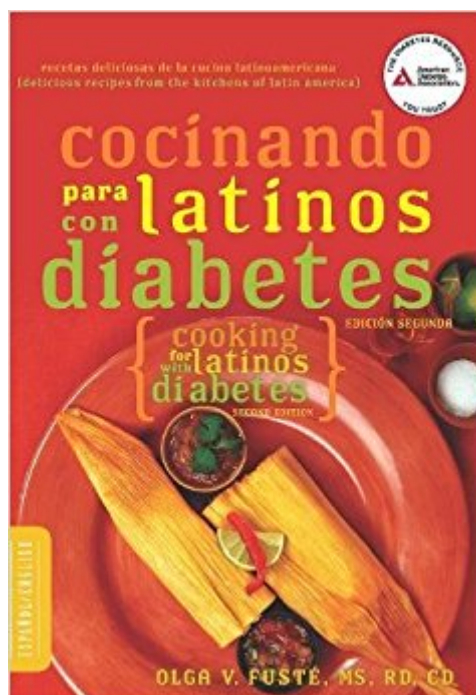




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Cocinando Para Latinos Con Diabetes (Cooking For Latinos With Diabetes) (American Diabetes Association Guide To Healthy Restaurant Eating)



Synopsis

People often think diabetes meal plans mean bland, tasteless foods and tiny portions. But did you know that you can still eat tasty dishes from classic Latino cuisine? Enjoy traditional meals from all over Latin America with *Diabetic Cooking for Latinos*. This bilingual Latino cookbook, with English and Spanish versions of each recipe, is chock full of healthy meals for people with diabetes. Readers can enjoy authentic, wholesome food and work to manage blood glucose levels at the same time! With more than 100 recipes full of the flavors of Latin America, complete nutrition information for each recipe, and diabetic exchanges, meal planning is a breeze. Each recipe is tested to meet the American Diabetes Association nutrition guidelines, ensuring that the recipes are healthy and suitable for any diabetes meal plan. Ever wonder what epazote is or the difference between guajillo chiles and habanero chiles? Go to the glossary! Feeling lost in the grocery store aisles? Check out the specialized shopping lists in the back! Want to know which chiles to use in an upcoming dinner party? See which chiles are the hottest in the chile chart! Ready to walk off some extra calories from these great meals? There's a 13-week walking program, too! Some of the delicious recipes include Sangria Sofrito Ranchera Sauce Cassava Arepas Cactus (Nopales) Salad Peruvian Chicken Stew Ajiaco Chicken Breast with Chipotles Red Snapper Veracruz Meatballs Puebla Style Classic Argentinian Empanadas Tamales with Guajillo Chiles Rice with Black Beans and Bacon Yaya's Vegetable Paella White Beans with Chorizo Spicy Rice Pudding Baked Papaya Soft Vanilla Custard. Features 8 pages of custom photography, beautifully illustrating some of the most popular dishes.

Book Information

Series: American Diabetes Association Guide to Healthy Restaurant Eating

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Food & Wine > Regional & International > International #168 in ÃÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General

Customer Reviews

Un libro muy interesante y con muy buena informacion

Me gusto. Buenas recetas.

Good. They delivery very fass

I purchsed this book for family and they loved it. They used the cookbook to make healthier foods and they enjoyed it.

Good book a lot of mexican recipes

I bought this item for my dad, and he liked it very much, although the package arrived much later than it was promised.

Beautiful cookbook with a variety of recipes.

Good

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