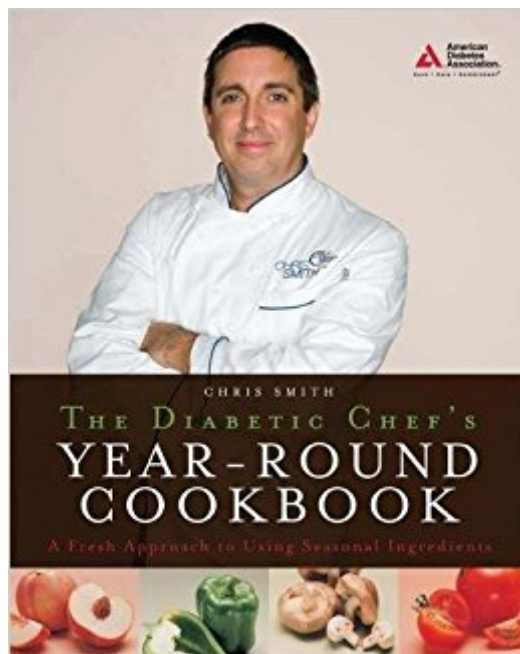




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The Diabetic Chef's Year-Round Cookbook: A Fresh Approach To Using Seasonal Ingredients



Synopsis

Are you tired of uninspired, bland meals? Then you're ready for tasty, creative dishes from The Diabetic Chef. Carefully crafted to take advantage of seasonal foods available from month to month, The Diabetic Chef's Year-Round Cookbook gives you a year of amazing, market-fresh meals. Whether you're looking for the perfect hors d'oeuvres to start off a dinner party or just the right main dish to delight your family on a normal weeknight, The Diabetic Chef's has a recipe to satisfy your needs.

Book Information

Paperback: 212 pages

Publisher: American Diabetes Association; 1 edition (June 10, 2008)

Language: English

ISBN-10: 1580402925

ISBN-13: 978-1580402927

Product Dimensions: 8 x 0.5 x 10 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars 13 customer reviews

Best Sellers Rank: #987,373 in Books (See Top 100 in Books) #78 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #716 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #788 in Books > Cookbooks, Food & Wine > Entertaining & Holidays > Seasonal

Customer Reviews

Executive chef Smith, who has trademarked himself as the Diabetic Chef, has put together a seasonal cookbook for both diabetics and others watching their food intakes. The first quarter of the book offers tips, recipes for stocks, sauces, and salad dressings, and a chapter on breakfast and lunch recipes. The remaining three-quarters is divided into six chapters, each covering two months and providing 20-25 recipes for starters, main dishes, sides, and desserts. The recipes are laid out in large print that's easy to read, even for older or diabetic eyes. Nutritional information including diabetic exchanges, entries for total calories, calories from fat (both saturated and trans fat), amounts of cholesterol and sodium, total carbohydrates (including dietary fiber and sugars), and grams of protein per serving are listed. The recipes include Asian- and Latin-inspired dishes as well as traditional American favorites. Overall, a nice addition to the healthy-eating genre. Purchase where there is interest.

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Chris Smith is an executive chef working in the healthcare field. A graduate of the prestigious Culinary Institute of America, Smith has also worked at the four-star Le Cirque restaurant in Manhattan. He is the author of *Cooking with the Diabetic Chef* (1-58040-043-4), a regular columnist for *Diabetic Living* magazine, and has been featured in *Southern Living*.

This chef probably cooks really well, but I do not run my kitchen like a restaurant chef. His recipes require that many of his sauces and flavorings be on hand, and he offers recipes for them. In a restaurant, that makes great sense, but it's a lot of trouble when you can just pick something quicker and easier to cook and not put in the time and patience for preparation. If you consider yourself a gourmet, this is a great book for you. If you have other things to do in your life, try something else. Try "The New Family Cookbook for People with Diabetes" by the American Diabetes/Dietetic Associations.

Good Recipes

I need a cook.

I've only made 1 recipe from this book ,but , if all the rest are as good as this one ,I won't mind eating diabetic food. lol

One of the best diabetic cookbooks I have read. Simple instructions, simple ingredients, and good inspiration. Good basic techniques. It is my new most used cookbook.

I have really enjoyed the recipes in this cookbook. I look forward to when he publishes another book. I will surely buy it!

I gave this book as a gift and it was very much appreciated. Its a great book with a lot of great recipies.

I was looking forward to receiving this cookbook. However, I found its content disappointing. The recipes aren't really that diverse or interesting. The Diabetes and Mediterranean Cookbooks are far

better, at least for our palates.

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