



The Mediterranean Diabetes Cookbook

By Amy Riolo

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...



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