



Cocinando para Latinos con Diabetes (Cooking for Latinos with Diabetes) (American Diabetes Association Guide to Healthy Restaurant Eating) (English and Spanish Edition)

By Olga Fusté M.S.

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(American Diabetes Association Guide to Healthy Restaurant Eating)
(English and Spanish Edition) By Olga Fusté M.S.**

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.

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The experience that you get from Cocinando para Latinos con Diabetes (Cooking for Latinos with Diabetes) (American Diabetes Association Guide to Healthy Restaurant Eating) (English and Spanish Edition) is the more deep you rooting the information that hide inside the words the more you get serious about reading it. It doesn't mean that this book is hard to understand but Cocinando para Latinos con Diabetes (Cooking for Latinos with Diabetes) (American Diabetes Association Guide to Healthy Restaurant Eating) (English and Spanish Edition) giving you enjoyment feeling of reading. The article author conveys their point in specific way that can be understood by means of anyone who read the item because the author of this publication is well-known enough. This kind of book also makes your personal vocabulary increase well. Making it easy to understand then can go together with you, both in printed or e-book style are available. We suggest you for having this kind of Cocinando para Latinos con Diabetes (Cooking for Latinos with Diabetes) (American Diabetes Association Guide to Healthy Restaurant Eating) (English and Spanish Edition) instantly.

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Karen Johnson:

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